



## A QUESTION OF FASTING

Sunday, March 7, 2021  
Mark Bethea, Pastor

Mark 2:18-22

### The Three Fasts

1. John's disciples fasted due to John's \_\_\_\_\_.
2. Pharisees fasted for God's \_\_\_\_\_.
3. Jesus' disciples didn't fast because He was \_\_\_\_\_ them.

Biblical Fast: a \_\_\_\_\_ abstinence from \_\_\_\_\_ for spiritual \_\_\_\_\_ (*Spiritual Disciplines for the Christian Life* by Donald Whitney)

### Why Would a Christian Fast?

1. Scriptural \_\_\_\_\_ (Matthew 6:16-17)

2. Focus in \_\_\_\_\_ (Acts 13:1-3)

3. Express \_\_\_\_\_ or repentance (Jonah 3:5-8)

4. Intentional \_\_\_\_\_ (Daniel 9:3)

The focus is \_\_\_\_\_ with \_\_\_\_\_