



"Leaving the Table"

Luke 5:33-39

1. The Kingdom of God is a _____.

"When they had appointed elders for them in every church, having prayed with fasting, they commended them to the Lord in whom they had believed." *Acts 14:23 (NASB95)*

- Jesus did not come to patch up your old life; but to make you new.

"Therefore, if anyone is in Christ, he is a new creation; old things have passed away, and look, new things have come." *2 Corinthians 5:17 (HCSB)*

2. The Value of Fasting

- Fasting is not about losing _____ but gaining _____.
- Fasting is about _____ myself of worldly desires to be filled with God.
- Fasting is always accompanied by intensified _____.
- Fasting demonstrates a _____ for God.

How to fast-

1. _____ small.
2. _____ what you will do instead of meal prep and eating.
3. _____ the effect on others.
4. _____ your personal health.
5. Fast from something _____.