

Asking for a Friend: “What’s the Value of Fasting?”

Matthew 6:16-18

1. Why study about fasting? Is there any value to it in “Modern Christianity?”
2. Fasting is mentioned often in the Old Testament, but rarely in the New Testament...does that mean that it has no purpose for us today?
3. Just because something is devalued or rarely mentioned in modern times, does not mean that it is purposeless in a Christian’s life and walk.

I. _____ of Fasting

II. _____ of Fasting

III. _____ of Fasting

IV. _____ of Fasting