

# **Fast Food**

*Matthew 6:16-18*

## **1. Throughout the scripture, fasting was practiced for spiritual fitness**

- a. Fasting to facilitate prayer
- b. Fasting to facilitate repentance
- c. Unfortunately, fasting was turned into a performance of self-promotion

## **2. Our father sees what is done in secret**

**Disciplines of  
abstinence:**

Solitude

Silence

Fasting

Frugality

Chastity

Secrecy

Sacrifice

**Disciplines of  
engagement:**

Study

Worship

Celebration

Service

Prayer

Fellowship

Confession

**For Further Study and Reflection:**

- *Spirit of the Disciplines* by Dallas Willard
- *Renovation of the Heart* by Dallas Willard
- *Spiritual Disciplines for the Christian Life*  
by Donald Whitney
- *Fit Bodies, Fat Minds* by Os Guinness