

Date: September 17, 2023

Title: *Not By Bread Alone*

Scripture: Matthew 6:16-18



Summary-*Fasting is ignored in the church. Fasting is difficult. Challenge to willfully withhold food from ourselves. Yet God's people historically have disciplined themselves through fasting. It has been a practice of devotion to the Lord down through the ages. The issue is not fasting, it is fasting foolishly and with wrong motives.*

Point #1-The _____ of Fasting

A. Fasting _____

**Matthew 6:16; Daniel 10:2-3; Esther 4:16; Deuteronomy 9:9; 1 Kings 19:8*

B. Fasting _____

**Matthew 6:16; Leviticus 16:29; Matthew 9:15; Luke 18:12; 2 Corinthians 11:27*

Point #2-The _____ in Fasting

A. Act of _____ Self

**Matthew 6:16; James 1:14-15; 1 Corinthians 9:27; Psalm 35:13; Nehemiah 9:1-2*

B. Attempt at _____ From God

**Matthew 6:17; Luke 2:37; Daniel 9:2-4; 2 Chronicles 20:3-4; Acts 13:2-3*

Point #3-The _____ from Fasting

A. God's _____

**Matthew 6:18; Matthew 16:24-25; Isaiah 58:6-12*

B. Man's _____

**Acts 14:23; Matthew 17:20-21*

Text: Matthew 6:16-18

Questions to Discuss With Family Or Life Group

1. **What Caught Your Eye?**-*Anything that shined or stood out in the passage. Draws your attention. It can be something of importance, or strikes you as the reader.*
2. **What Made You Think?**-*Anything that was hard to understand or difficult, something that you would like to ask the writer of the passage or the Lord.*
3. **What does this passage teach us about Who God Is?**-*Anything related to his attributes and His being. It can be something that helps us to better understand who He is.*
4. **What does this passage teach us about What God Does?**-*Anything that focuses on the works of God. His actions and movement in history.*
5. **What does this passage teach us about Who We Are?**-*Anything that helps us to better understand our identity in Christ. Related to who we are in light of God's grace in our life.*
6. **What does this passage teach us about How We Are to Live?**-*Anything related to application. Can be what our response to be. Also can be a change in how we think.*

Visitors



At your earliest convenience, would you please scan the following QR code with your smart phone? It will take you to a form to fill out in order for us to follow up on your visit. Thank you very much for worshipping with us. And we look forward to seeing you again. God bless.