

God's Fast Track

Matthew 6:16-18



When You Fast

- **Not if, but when**
- **Fast in secret**
- **Fast looking for humility**
- **Fast without anger**



Why You Fast

- Fasting sets free those crushed by sin
- Fasting breaks the yoke of addictions
- You fast so your prayers will be heard
- You fast to seek out God's will
- You fast in repentance
- You fast in humility
- You fast because you need God



Who Focuses Your Fast

- **Fast with a focus on food, and you may lose weight**
- **Fast with a focus on the world, and they may be impressed**
- **Fast with a focus on God, you will be bathed in blessings**



Life Application

- **Fast for at least one meal this week with your focus on God.**
- **Don't tell anyone but Jesus about it.**

