

# "THE PLACE OF FASTING IN PRAYER LIFE"

Matthew 6:16-18

Notes

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April 24, 2022

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## INTRODUCTION

### I. WHAT IS BIBLICAL FASTING?

### II. WHAT DID JESUS SAY ABOUT FASTING?

### III. WHAT SHOULD WE DO ABOUT FASTING?

## CONCLUSION

#### Reflection Questions:

- *Have you avoiding fasting because it appears too hard or confusing? Or are you afraid of what you might find out about yourself which God already knows?*
- *Do you desire to have a more meaningful relationship with God? Maybe begin practicing "fasting" in your walk with the Lord, it may be just the thing that will draw you into a deeper relationship with Him.*
- *Is there a decision you need to make and really want to know what God thinks? May be taking a day of Biblical "fasting" before the Lord will help you get clarity.*