

It's Fasting Time

Matthew 4:1-11

I. Know when to fast.

“Then Jesus was led up by the Spirit into the wilderness to be tempted by the devil. And when He had fasted forty days and forty nights, afterward He was hungry.” (Matthew 4:1-2 NKJV)

*“Now the king went to his palace and spent the night fasting; and no musicians were brought before him. Also his sleep went from him.”
(Daniel 6:18 NKJV)*

“Go, gather all the Jews who are present in Shushan, and fast for me; neither eat nor drink for three days, night or day. My maids and I will fast likewise. And so I will go to the king, which is against the law; and if I perish, I perish!” (Esther 4:16 NKJV)

II. Know how to fast.

*“Moreover, when you fast, do not be like the hypocrites, with a sad countenance. For they disfigure their faces that they may appear to men to be fasting. Assuredly, I say to you, they have their reward. But you, when you fast, anoint your head and wash your face, so that you do not appear to men to be fasting, but to your Father who is in the secret place; and your Father who sees in secret will reward you openly.”
(Matthew 6:16-18 NKJV)*

III. Know why you are fasting.

“But He answered and said, ‘It is written, ‘Man shall not live by bread alone, but by every word that proceeds from the mouth of God.’”

(Matthew 4:4 NKJV)

“Jesus said to him, ‘It is written again, ‘You shall not tempt the LORD your God.’” (Matthew 4:7 NKJV)

“Then Jesus said to him, ‘Away with you, Satan! For it is written, ‘You shall worship the LORD your God, and Him only you shall serve.’”

(Matthew 4:10 NKJV)

“And when He had come into the house, His disciples asked Him privately, ‘Why could we not cast it out?’ So He said to them, ‘This kind can come out by nothing but prayer and fasting.’” (Mark 9:28-29 NKJV)