

## Living Spring Christian Fellowship

www.livingspring.com / ph (714) 539-1232  
pastorjohnrit@earthlink.net 4/6/07

### Matt. 6:16-18

#### Introduction

Rom 14:7 Mark 4:19

Fasting is connected to spiritual \_\_\_\_\_.  
2Chr. 20:3 Esth. 4:3-4 Psa. 35:13 Daniel 9 Matt. 9:14-15

Fasting is always connected to \_\_\_\_\_.  
Acts 14:23 Neh. 1:4

Fasting must have a \_\_\_\_\_.  
Joel 2:12 Jer. 14:12 Psalms 69:10 Zech. 7:5-6 Zech. 7:8-10  
Is. 58:2-11

## Small group questions 4/6/08

### Fasting - Matt. 6:16-18

Have you ever fasted anything?

Have you ever been so upset that you couldn't eat?  
Could that have something to do with fasting?

What will you bring to your next fast that will look different?

How can you have more prayer during your fast?

Do you think you should fast more? Less?

Describe a great fast. How long? What would be the outcome?