

## **Sermon on the Mount Fasting**

- I. Fasting is not \_\_\_\_\_ in the Law.
  
- II. Fasting is to be an entirely \_\_\_\_\_, voluntary act.
  
- III. Fasting is an act of \_\_\_\_\_.
  - A. Fasting can be a \_\_\_\_\_ commitment
  
  - B. Fasting can be a \_\_\_\_\_ commitment.
  
- IV. Proper Fasting
  - A. Is associated with times of \_\_\_\_\_.
  
  - B. Is associated with times of \_\_\_\_\_.
  
  - C. Is also associated with \_\_\_\_\_.
  
  - D. Is associated with spiritual \_\_\_\_\_.
  
  - E. Is associated with the beginning of a \_\_\_\_\_.
  
- V. Insights on Fasting
  - A. Biblical fasting is always associated with \_\_\_\_\_.
  
  - B. Biblical fasting is also linked with a \_\_\_\_\_ \_\_\_\_\_.