

## PURSUING GOD: FASTING

**Text: Matthew 6:16-18**

**Fasting is laying aside food for a period of time to know God in a deeper experience.**

**Why fast?**

- **Fasting draws you closer to God.**
- **Fasting humbles you before God.**
- **Fasting intensifies your prayers.**
- **Fasting can be an act of repentance.**

**How do you fast?**

- **Learn more about fasting.**
  - **Do a word study.**
  - **7 Steps to Successful Fasting and Prayer ([www.cru.org](http://www.cru.org))**
- **Determine the purpose.**
- **Start small.**
- **Decide what you will do.**