“And when you fast, do not look gloomy like the hypocrites, for they disfigure their faces that their fasting may be seen by others. Truly, I say to you, they have received their reward. **17**But when you fast, anoint your head and wash your face,**18**that your fasting may not be seen by others but by your Father who is in secret. And your Father who sees in secret will reward you.” – Matthew 6:16-18 (ESV)

Then the disciples of John came to Him, saying, “Why do we and the Pharisees fast often, but Your disciples do not fast?” **15**And Jesus said to them, “Can the friends of the bridegroom mourn as long as the bridegroom is with them? But the days will come when the bridegroom will be taken away from them, and then they will fast.” – Matthew 9:14-15 (NKJV)

**Sermon Notes – Christian Fasting Part 2**

1.) Fasting is for \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

2.) God rewards our fasting with \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ to earnest prayers.

3.) God rewards our fasting by giving us \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

4.) Generally-speaking, Christian fasting is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.