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**

The purpose of Christian Fasting is:

1.) to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

2.) to seek God’s \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

Scripture referenced: Judges 20, 2 Chronicles 20, Psalm 109, 2 Samuel 12, Esther 4, Daniel 6, Ezra 8, Nehemiah 1, Acts 13

3.) to identify and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.