Sunday, Mar. 9, 2014

**“Spiritual Exercise: Fasting”**

*Matthew 6:1, 16-18*

Introduction

*Q - Why focus on spiritual disciplines (e.g. fasting)?*

Jesus’ On Giving…Praying…Fasting (Mt. 61-18)

1. Jesus’ (616)
2. Jesus’ (41-11)
3. Jesus Instruction (Mt. 616-18; *cf.* 914-15)
4. *not*  (
5. Don’t be a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (616)
6. Aim for the \_\_\_\_\_\_ reward (*misthos* vs. *apodidomi)*
7. Some Rewards (618; Mt. 44; Jn. 432-34)
8. Closer R with God
9. Greater R on God & His resources
10. Greater R and Freedom (*cf.* Php. 319)
11. Greater S with others (Ps. 3513; Jb.3025)

Spiritual Exercise Plan

1. My Purpose =
2. My Plan for this week (season) =

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