

“Is Fasting Christian?”

Matthew 9:14-17

[Series: Hungry for God: The Priority of Prayer and Fasting (Message 4)]

Pastor Scott Wilson

- I. Why didn't Jesus and His disciples fast?
- II. Did Jesus teach that we should fast now?
- III. What does Christian fasting look like?

Three ways fasting strengthens us:

- 1. It protects us.
- 2. It draws us closer to God.
- 3. It's an act of worship.