

*Sermon on the Mount – Final Week*

# ***Fasting***

**Guest Speaker, Dr. David Rumph**

1. **What is fasting?**
2. **What fasting is not?**
3. **Is fasting biblical?**
4. **Why did our spiritual forefathers fast in Bible times?**
5. **When should we fast?**
6. **What types of fasts are there?**
7. **Who should and should not participate?**
8. **How do you actually fast?**
9. **Where are biblical warnings about fasting? Matt. 6:16, Isaiah 58**
10. **Can you fast from things other than food? 1 Cor. 7:5**

## **\*Selected Scriptures**

**Ex. 34:28; Luke 4:1; Acts 13:2; 2 Sam. 1:12; Neh. 1:4; Daniel 1:18-21; 1 Kings 19:8; Esther 4:3; 16; Ezra 8:21-23; Luke 7:33; Luke 4:1-2; Luke 2:36-38; Acts 14:23**