

# FASTING LIFESTYLE

M a t t h e w 6 : 1 6 - 1 8

DR. HELEN IBOM



# FASTING LIFESTYLE

## **Matthew 4:18-22**

18 While walking by the Sea of Galilee, he saw two brothers, Simon (who is called Peter) and Andrew his brother, casting a net into the sea, for they were fishermen. 19 And he said to them, “Follow me, and I will make you fishers of men.”[a] 20 Immediately they left their nets and followed him. 21 And going on from there he saw two other brothers, James the son of Zebedee and John his brother, in the boat with Zebedee their father, mending their nets, and he called them. 22 Immediately they left the boat and their father and followed him.

# INTRODUCTION

FASTING  
LIFESTYLE

Matthew 6:16-18

A dark blue plate is centered on a rustic wooden table. To the left of the plate is a silver fork, and to the right is a silver knife. The text "FASTING LIFESTYLE" is overlaid on the plate in a white, serif font.

# FASTING LIFESTYLE

## OUR VISION:

To raise up anointed disciple-makers who are empowered to change their world for Christ.

A dark blue plate is centered on a rustic wooden table. To the left of the plate is a silver fork, and to the right is a silver knife. The text "FASTING LIFESTYLE" is written in white, serif, all-caps font across the top of the plate.

FASTING  
LIFESTYLE

**2022 - OUR YEAR OF  
SUPERNATURAL INCREASE**

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# FASTING LIFESTYLE

## **Genesis 26:12 (ESV)**

And Isaac sowed in that land and reaped in the same year a hundredfold. The Lord blessed him,

# 21 DAYS OF

## PRAYER + FASTING

JULY 4-24, 2022



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# FASTING LIFESTYLE

## Matthew 6:16a & 17a (ESV)

16 “And when you fast, ... 17 But when you fast,

# FAST

and keep private

FASTING  
LIFESTYLE

Matthew 6:16-18

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# FASTING LIFESTYLE

## Matthew 6:16a & 17a (ESV)

16 “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.

# FAST

and worship GOD

FASTING  
LIFESTYLE

Matthew 6:16-18

A dark blue plate is centered on a rustic wooden table. To the left of the plate is a silver fork, and to the right is a silver knife. The words "FASTING LIFESTYLE" are written in a large, white, serif font across the top of the plate.

# FASTING LIFESTYLE

## Acts 13:2a (NLT)

2 One day as these men were worshiping the Lord and fasting, the Holy Spirit said, “Dedicate Barnabas and Saul for the special work to which I have called them.”

# FAST

and pray to GOD

FASTING  
LIFESTYLE

Matthew 6:16-18

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# FASTING LIFESTYLE

## Acts 13:3 (NLT)

3 So after more fasting and prayer, the men laid their hands on them and sent them on their way.

# FAST

and be more sensitive  
to hear GOD

FASTING  
LIFESTYLE

Matthew 6:16-18



# FASTING LIFESTYLE

## Acts 13:2a (NLT)

2 One day as these men were worshiping the Lord and fasting, **the Holy Spirit said**, “Dedicate Barnabas and Saul for the special work to which I have called them.”

# FAST

and help the needy

FASTING  
LIFESTYLE

Matthew 6:16-18

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# FASTING LIFESTYLE

## Isaiah 58:6–7 (NLT)

6 “No, this is the kind of fasting I want: Free those who are wrongly imprisoned; lighten the burden of those who work for you. Let the oppressed go free, and remove the chains that bind people. 7 Share your food with the hungry, and give shelter to the homeless. Give clothes to those who need them, and do not hide from relatives who need your help.

# CONCLUSION

FASTING  
LIFESTYLE

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# 21 DAYS OF

**PRAYER + FASTING**

**JULY 4-24, 2022**



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# FASTING LIFESTYLE

## Matthew 6:18 (ESV)

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.**

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