

Reflection Questions: In what areas am I a Pharisee? How am I trying to earn favor with God? Is this possible? What do I do to look good to others not thinking about how I look to God? When was the last time I fasted?

How can we pray for one another and our church this week?

Quotes to Ponder

The absence or presence of joy is the sure test of our relationship with the Savior.

Lloyd J. Ogilvie

We thank God for the traditions of our faith, but we don't want traditionalism to replace trust in Christ. We thank God for the beauty of His law, but we don't want legalism to replace our trust of Christ. And that war is not just the war of theology; it's not just the war of the pulpit; it's not just the war of the Sunday School class; it's not just the war of the seminary; it's a war that is fought on the turf of our hearts day, after day, after day.

May God protect us by His grace.

Paul David Tripp

Prayer is a means of seeking God Himself, and fasting is God's mysterious but effective means of assisting that noble desire. It is putting aside the satisfaction of food to come to a deeper satisfaction in God. It is diverting the desire for food into a desire for God.

Tim Challies

A sense of joy is the grace note in the musical score of the Good News Symphony.

David L. McKenna

Fasting is not a way of showing off one's spirituality, but of drawing closer to God and seeking His guidance.

Robert James Utley

In my experience, contemporary Christian thought on fasting could be summarized by this comment made by a friend of mine... In response to a question on fasting, he said dismissively: "I can't believe God would have answered my prayer but decided not to because I ate a piece of chicken."

Oyewole Akande



Why Don't You Fast?

Sermon
Notes

March 20, 2022

1. The Information (18a)

2. The Inquisition (18b)

3. The Instruction (19-20)

4. The Illustrations

A. The Patch (21)

B. The Wine (22)

1. What in the text/sermon impacted you? Encouraged you? Convicted you? Challenged you? Confused you? Comforted you?
2. Why do you think John's disciples and the Pharisees were fasting (*Mark 1:18*)?
3. What was the purpose of fasting for the Pharisees (*Matthew 6:16-18*)?
4. Why did they ask Jesus this question about fasting (*Mark 2:18*)?
5. What religious activities like fasting could become a source of self-righteousness for us?
6. How does Jesus answer their question (*Mark 2: 19-20*)?
7. Why is fasting not appropriate when the Bridegroom, Jesus, is present?
8. What does it mean that the Bridegroom will be taken away (*Mark 2:20*)?
9. What does Jesus tell us in *Matthew 28:20*? Does this mean fasting is not for us? Explain.
10. Explain the parable Jesus gives in *Mark 2:21*. Who or what does the new cloth represent? The old garment?
11. Explain the parable Jesus gives in *Mark 2:22*. Who or what does the

new wine represent? The old wineskins?

12. What point is Jesus making in these parables (*Mark 2:21-22*)?
13. How was Jesus' ministry new to the practice of Judaism at that time?
14. Should Christians fast today? Explain.
15. Describe what you think fasting means today. What Scriptures back up your answer?
16. Read the Scriptures below and determine if the fast mentioned was commanded of God or voluntary. If possible, list why they fasted.

<i>Exodus 34:27-28</i> —	<i>Jeremiah 14:11-12</i> —
<i>1 Samuel 7:5-6</i> —	<i>Joel 1:13-14</i> —
<i>2 Samuel 1:11-12</i> —	<i>Joel 2:12-15</i> —
<i>2 Samuel 12: 16, 22</i> —	<i>Luke 18:11-12</i> —
<i>2 Chronicles 20:3-4</i> —	<i>Acts 13:2-3</i> —
<i>Nehemiah 1:1-4</i> —	<i>Acts 14:23</i> —
<i>Esther 4:1-3, 15-17</i> —	