



Unshakable Week #2 Notes

Fasting: Giving us something good for the sake of something great.

Matthew 9:14-15 New International Version (NIV)

14 Then John's disciples came and asked him, "How is it that we and the Pharisees fast often, but your disciples do not fast?"

15 Jesus answered, "How can the guests of the bridegroom mourn while he is with them? The time will come when the bridegroom will be taken from them; then they will fast.

Main Idea: _____ is fuel for my _____

Matthew 6:16a New International Version (NIV)

16 "When you fast...

Shift from being an _____ **to a** _____

Matthew 6:16-17 New International Version (NIV)

16 "When you fast, do not look somber as the hypocrites do, for they disfigure their faces to show others they are fasting. Truly I tell you, they have received their reward in full. **17** But when you fast, put oil on your head and wash your face,

_____ I'm going to do it _____

Isaiah 58:3-4 New International Version (NIV)

3 'Why have we fasted,' they say,
'and you have not seen it?

Why have we humbled ourselves,
and you have not noticed?'

"Yet on the day of your fasting, you do as you please
and exploit all your workers.

4 Your fasting ends in quarreling and strife,
and in striking each other with wicked fists.

You cannot fast as you do [today](#)
and expect your voice to be heard on high.

Matthew 6:17-18 New International Version (NIV)

17 But when you fast, put oil on your head and wash your face, **18** so that it will not be obvious to others that you are fasting, but only to your Father, who is unseen; and your Father, who sees what is done in secret, will reward you.

_____ I'm going to trust _____



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Isaiah 58:6-9 New International Version (NIV)

6 “Is not this the kind of fasting I have chosen:
to loose the chains of injustice
and untie the cords of the yoke,
to set the oppressed free
and break every yoke?
7 Is it not to share your food with the hungry
and to provide the poor wanderer with shelter—
when you see the naked, to clothe them,
and not to turn away from your own flesh and blood?
8 Then your light will break forth like the dawn,
and your healing will quickly appear;
then your righteousness[a] will go before you,
and the glory of the Lord will be your rear guard.
9 Then you will call, and the Lord will answer;
you will cry for help, and he will say: Here am I.
“If you do away with the yoke of oppression,
with the pointing finger and malicious talk,

“We don’t fast to get God’s attention, we fast to give God our Attention.”

Talk About It:

Break the Ice: Talk about the best meal you ever had! Where were you? Who were you with? What was it?

Read Matthew 6:16-18 and Isaiah 58:3-9

Why does Jesus begin the passage in Matthew 6 with, “When you fast,” “Not if you fast”? Is fasting still important to us [today](#)? Why? Read Matthew [9:14-15](#)

What are some characteristics of a hypocritical fast? Read Isaiah 58:3-4 Why do you think Jesus is so concerned with how we approach fasting? When you hear, “Don’t be like the hypocrites,” what do you think about? Why wouldn’t Jesus want us to be like them? Didn’t they (the hypocrites) do right things? How important is your heart in fasting?

According to the Isaiah text what are the results of a fast that God has chosen? Why would Jesus not want it to be obvious to others that we are fasting?

When was the last time you fasted? What did you fast for and from? How long was it? Do you feel like it was fruitful?



Unshakable Week #2 Notes

When are you planning to fast again? In what areas of your life are you seeking breakthrough? As a group commit to fasting and praying for each other's breakthrough; choose a day as a group to fast and pray for each other and share what God does as a result.

Remember that a fast doesn't have to be giving up food and water, fasting is giving up something good for the sake for something great!

Pastor Mike recommends:

Fasting by Jentezen Franklin

The Fasting Edge by Jentezen Franklin