Sermon Outline for Sunday, February 2, 2025

Sermon: The Purpose of Fasting Sermon Scripture: Matthew 6:16-18

Do you have any experience fasting? What did you learn while doing it?
2. Why do you think Jesus encourages His followers to fast? What could He be trying to teach us in fasting?
3. What are things you could abstain from in your life (phone, entertainment)? What would be the most challenging aspect of giving that up for a time?
4. Are you willing to fast one meal a week to engage with this gift of fasting Jesus has given His Church? Identify one thing you would like to intentionally pray for during that one skipped meal.