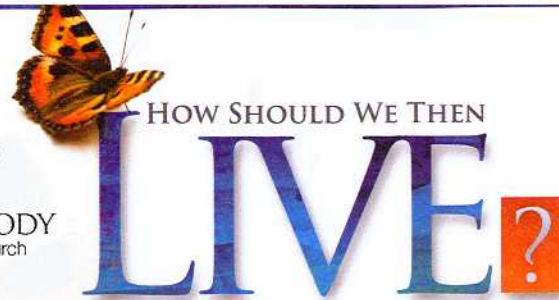


10-28-07

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Part 7

## TASTE

Psalm 34:8

Matthew 6:16-18 (p. 673)

**when**

**fast**

\_\_\_\_\_ from food for reasons of self denial and self discipline in order to \_\_\_\_\_ ourselves before God.

3 types of Fasts

- \_\_\_\_\_ Fast - Matthew 4:1-11
- \_\_\_\_\_ Fast - Daniel 1:12; Matthew 3:4
- \_\_\_\_\_ Fast - Ezra 10:6; Esther 4:16; Acts 9:9

**hypocrites**

Luke 18:12

Ten Purposes: (from Donald S; Whitney's *Spiritual Disciplines for the Christian Life*)

1. To strengthen \_\_\_\_\_ – Ezra 8:23
2. To seek God's guidance – Judges 20
3. To express \_\_\_\_\_ – 1 Samuel 31:13
4. To seek deliverance or protection – 2 Chronicles 20:3-4; Esther 4:16
5. To express repentance and the return to God – Joel 2:12; Jonah 3:5-8
6. To \_\_\_\_\_ oneself before God – Psalm 35:13
7. To express concern for the work of God – Nehemiah 1:3,4
8. To minister to the \_\_\_\_\_ of others – Isaiah 58:6-7
9. To overcome temptation and dedicate yourself to God – Matthew 4:1-11
10. To express love and worship to God – Luke 2:37; Zechariah 7:5

**who sees what is done in secret**

