

**November 17, 2013 - Pastor Jeff Miller**

**Fasting: Training Your Appetite (Mark 2:18-22)**

**Fasting 101**

**1.) What is fasting?**

Fasting is: **A** \_\_\_\_\_ from food (and/or other things for measured periods of time in order to heighten my **H** \_\_\_\_\_ for the things of God.

Fasting is not:

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**2.) Why do we fast?**

Fasting is:

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Fasting is not:

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*“Jesus, why do John’s disciples and the Pharisees fast, but not your disciples?” (v18)*

**a.) You can’t fast while you **C** \_\_\_\_\_. (v19-20)**

**b.) You can’t add **R** \_\_\_\_\_  
to **R** \_\_\_\_\_. (v21-22)**