

The Secret of Fasting

Matthew 6:16-18 | Pastor Frans Alberts

The Secret to Fasting: The What, Why and Watch Out of Fasting

I. What is Fasting?

II. Why Fast?

III. Watch Out When You Fast

A. Sincerity

B. Secrecy

Memory Verses for the Week

“Is this not the fast which I choose, to loosen the bonds of wickedness, to undo the bands of the yoke, and to let the oppressed go free and break every yoke? “Is it not to divide your bread with the hungry and bring the homeless poor into the house; when you see the naked, to cover him; and not to hide yourself from your own flesh?”

Isaiah 58:6–7