

Denying Yourself, Notes Page

1 - The Basics of Fasting

A - Fasting has been a regular part of Christian worship throughout the Bible.

My one issue: _____

My best advise to you about any form of fasting is this: _____

B - Partial Fast: _____

C - Daniel Fast: _____

D - Water Fast: _____

E - Absolute Fast: _____

F - Cautions: _____

G - The purpose of the fast is not to be hungry or grumpy... _____

2 - Denying Yourself

A - Matthew 16:24-26

Philippians 2:5-8

B - “Whoever desires to save his life will lose it...”

Has God chosen a path... or has God chosen you...?

C - We all chase after unGodly things at varied times in our lives.

“What profit is it to a man if he gains the whole world...”

“...and loses his own soul...”

Matthew 16:21-23
