

# JESUS AT THE CENTER OF THE KINGDOM

**When You Fast**  
Message 6

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## ► Outline

*He replied, "This kind can come out only by prayer and fasting."*

**Mark 9:29 (NIV)**

### **A. Introduction**

### **B. Fasting**

**1. What is \_\_\_\_\_ fasting?**

## Three Different Kinds of Fasts:

1) The \_\_\_\_\_ Fast.  
(Ex. Moses, Exodus 34:28; Esther, Esther 4:16)

2) The \_\_\_\_\_ Fast.  
(Ex. King Jehoshaphat, 2 Chronicles 20:3)

3) The \_\_\_\_\_ Fast.  
(Ex. Daniel, Daniel 1:8)

## 2. What does \_\_\_\_\_ do?

1) Fasting helps us keep \_\_\_\_\_ at the center of our lives.

2) Fasting brings spiritual \_\_\_\_\_.  
(Mark 9:14-18, 25-29)

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**Answers:** 1. biblical 1) Absolute 2) Normal 3) Partial 2. fasting 1) Jesus 2) breakthrough

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