

KNOWING. LIVING. SHARING. THE GOSPEL

“Secret Fasting”

Matthew 6:16-18

February 15, 2026 | Dr. Buddy Perstrobe, Senior Pastor

1. The definition of fasting
 - A. Fasting defined: “Christian fasting is a believer’s voluntary abstinence from food for a period of time to draw near to God and seek His face.”
 - B. Fasting expected
 - C. Fasting expanded

2. The mission of fasting | Isaiah 58:6-9
Elmer Towns: *Fasting for Spiritual Breakthrough*
 - A. For struggles with sin: “*break the chains of wickedness*” 58:6
 - B. For solving problems: “*untie the ropes of the yoke*” 58:6
 - C. For revival/evangelism: “*set the oppressed free*” 58:6
 - D. For finding freedom: “*to tear off every yoke*” 58:6
 - E. For needs to be met: “*to share your bread...bring into your house*” 58:7
 - F. For perspective and insight: “*your light will appear like the dawn*” 58:8
 - G. For health concerns: “*your recovery will come quickly*” 58:8
 - H. For influence: “*your righteousness will go before you*” 58:8
 - I. For protection: “*the Lord’s glory will be your rear guard*” 58:8

3. The discretion of fasting
 - A. Jesus gives a negative command
 - B. Jesus gives a positive command
 - C. Jesus gives a heavenly promise