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*Beyond Our Comfort:  
Prayer and Fasting for a Closer Walk with God  
Matthew 6:16-18, 9:14-17*

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What is fasting?

- Biblical fasting is \_\_\_\_\_ from food or other pleasure in order to give \_\_\_\_\_ to seeking God and \_\_\_\_\_ for our lives or the lives of others.
  
- \_\_\_\_\_ fasted, and he \_\_\_\_\_ his followers would fast. (Matthew 6:16-18, 9:15)
  
- Jesus stressed the need to fast with \_\_\_\_\_. (Matthew 6:16-18)

