

Evening Sermon, Sunday 24 April 2016, Steve Auld

An Audience of One: Fasting

Matt 6:16-18

Considering Christian fasting

Intro - What ever happened to Fasting?

- What is fasting and what place should it have in the Christian's life today?
- Why do Christians fast?
 - To focus on the satisfaction of the deeper appetite of the soul with God himself
 - To live out a parable of the soul's hunger for God
 - To intensify our confession of need for God
- How do Christians fast?