

# *Fasting: The Third Seven Days*



## Jesus Christ teaches His Disciples **Three Fundamental Truths** about the Christian's Life

**(01)** \_\_\_\_\_

**(02)** \_\_\_\_\_

**(03)** \_\_\_\_\_



**Jesus Christ teaches His Disciples Three  
Fundamental Truths about the Christian's Life**

(01) **Giving**

(02) \_\_\_\_\_

(03) \_\_\_\_\_



**Jesus Christ teaches His Disciples Three  
Fundamental Truths about the Christian's Life**

(01) **Giving**

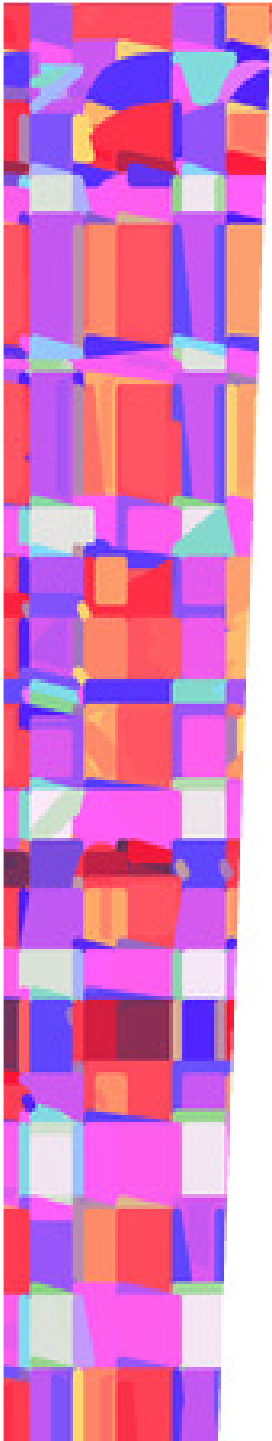
(02) **Praying**

(03) \_\_\_\_\_



**Jesus Christ teaches His Disciples Three  
Fundamental Truths about the Christian's Life**

- (01) **Giving**
- (02) **Praying**
- (03) **Fasting**



**Day 15** ﴿٤﴾ Fast for \_\_\_\_\_.

**Day 16** ﴿٤﴾ Fast for \_\_\_\_\_.

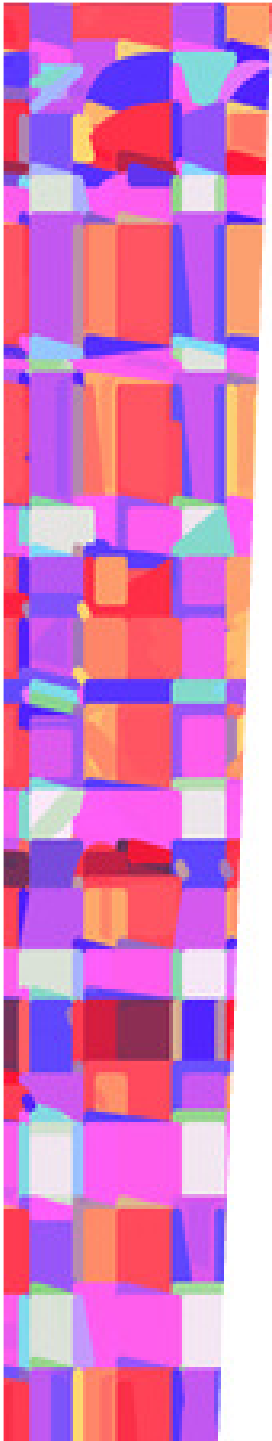
**Day 17** ﴿٤﴾ Fast for \_\_\_\_\_.

**Day 18** ﴿٤﴾ Fast for \_\_\_\_\_.

**Day 19** ﴿٤﴾ Fast for  
\_\_\_\_\_.

**Day 20** ﴿٤﴾ Fast for \_\_\_\_\_.

**Day 21** ﴿٤﴾ Fast for \_\_\_\_\_.



Day 15 ☞ Fast for **breakthroughs.**

Day 16 ☞ Fast for \_\_\_\_\_.

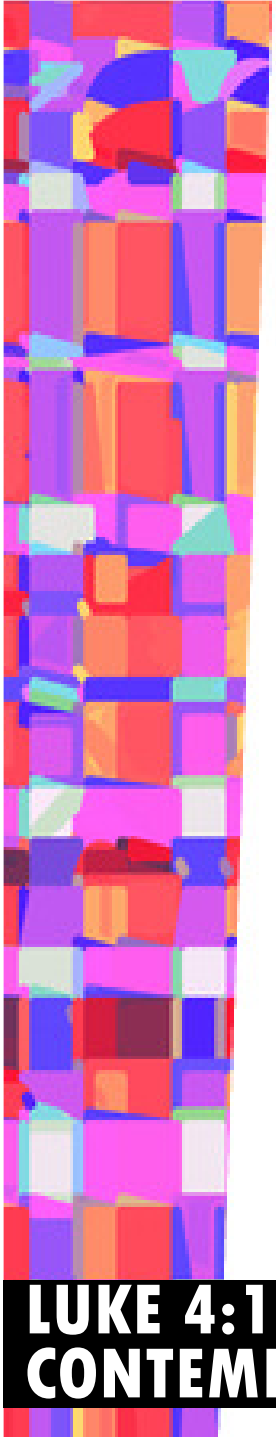
Day 17 ☞ Fast for \_\_\_\_\_.

Day 18 ☞ Fast for \_\_\_\_\_.

Day 19 ☞ Fast for  
\_\_\_\_\_.

Day 20 ☞ Fast for \_\_\_\_\_.

Day 21 ☞ Fast for \_\_\_\_\_.

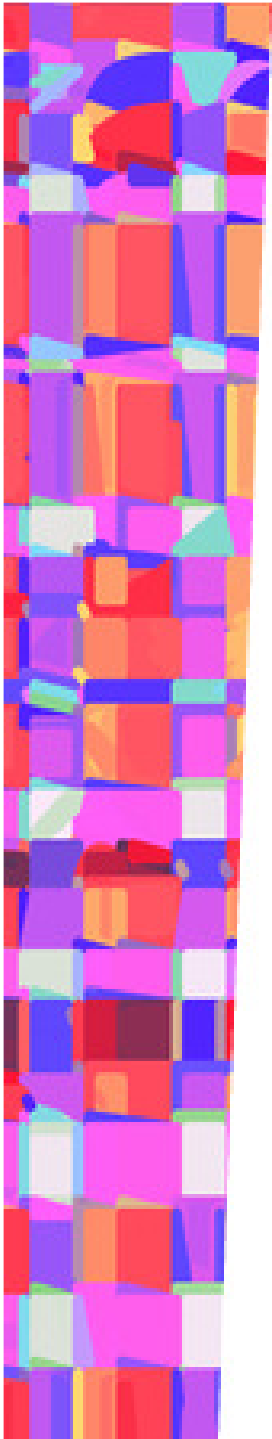


## **Jesus and the Devil**

**(Matthew 4.1-11; Mark 1.12,13)**

- 1** When Jesus returned from the Jordan River, the power of the Holy Spirit was with him, and the Spirit led him into the desert.
- 2** For forty days Jesus was tested by the devil, and during that time he went without eating. When it was all over, he was hungry.

**LUKE 4:1-2**  
**CONTEMPORARY ENGLISH VERSION**



Day 15 ☞ Fast for breakthroughs.

Day 16 ☞ Fast for humility.

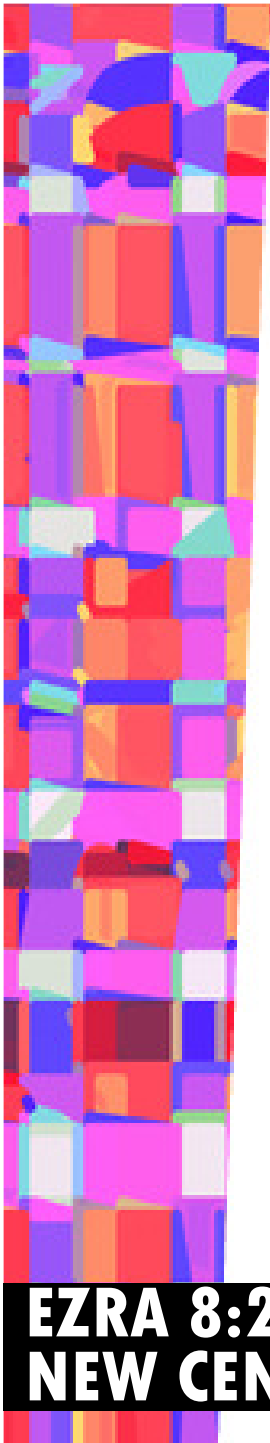
Day 17 ☞ Fast for \_\_\_\_\_.

Day 18 ☞ Fast for \_\_\_\_\_.

Day 19 ☞ Fast for  
\_\_\_\_\_.

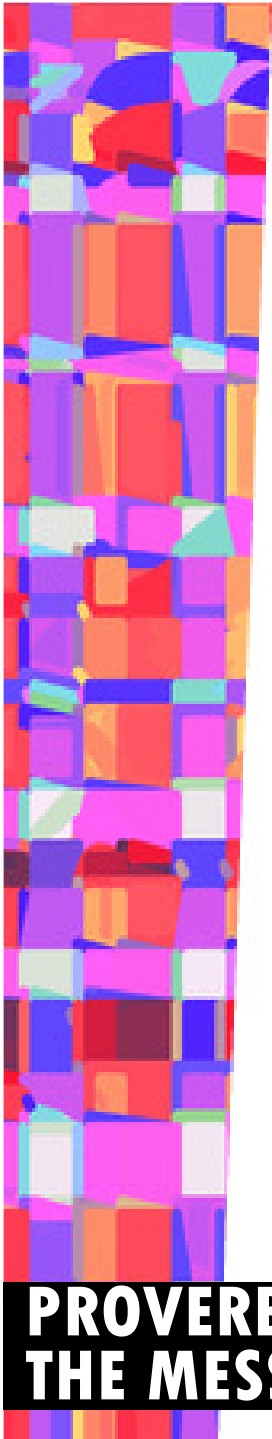
Day 20 ☞ Fast for \_\_\_\_\_.

Day 21 ☞ Fast for \_\_\_\_\_.



**21** There by the Ahava Canal, I announced we would all fast and deny ourselves before our God. We would ask God for a safe trip for ourselves, our children, and all our possessions.

**EZRA 8:21**  
**NEW CENTURY VERSION**



**18** First pride, then the crash—the bigger the ego, the harder the fall.

**PROVERBS 16:18**  
**THE MESSAGE**



Day 15 ⇨ Fast for breakthroughs.

Day 16 ⇨ Fast for humility.

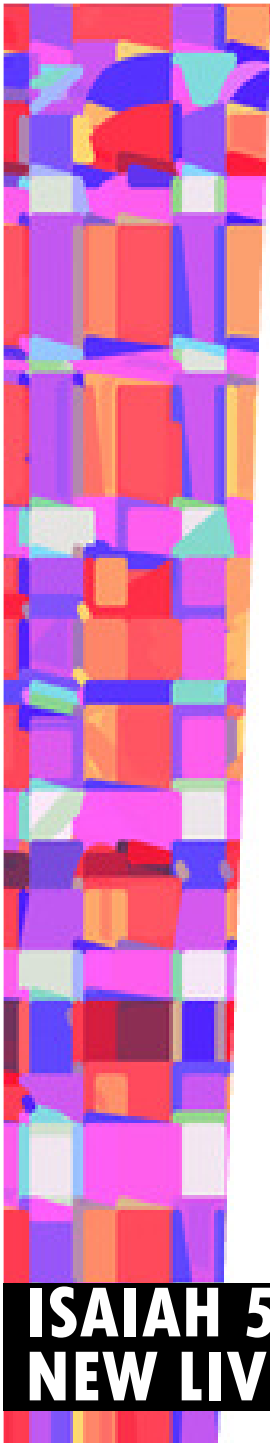
Day 17 ⇨ Fast for good attitudes.

Day 18 ⇨ Fast for \_\_\_\_\_.

Day 19 ⇨ Fast for  
\_\_\_\_\_.

Day 20 ⇨ Fast for \_\_\_\_\_.

Day 21 ⇨ Fast for \_\_\_\_\_.



**3** ‘We have fasted before you!’  
they say. ‘Why aren’t you  
impressed? We have been very  
hard on ourselves, and you don’t  
even notice it!’ “I will tell you why!”  
I respond. “It’s because you are  
fasting to please yourselves.  
Even while you fast, you keep  
oppressing your workers.

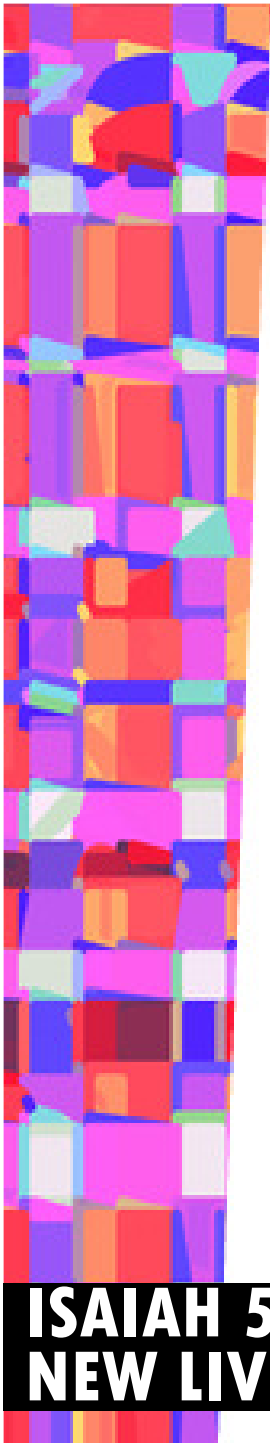
**ISAIAH 58:3-5**  
**NEW LIVING TRANSLATION**



**4** What good is fasting when you keep on fighting and quarreling?

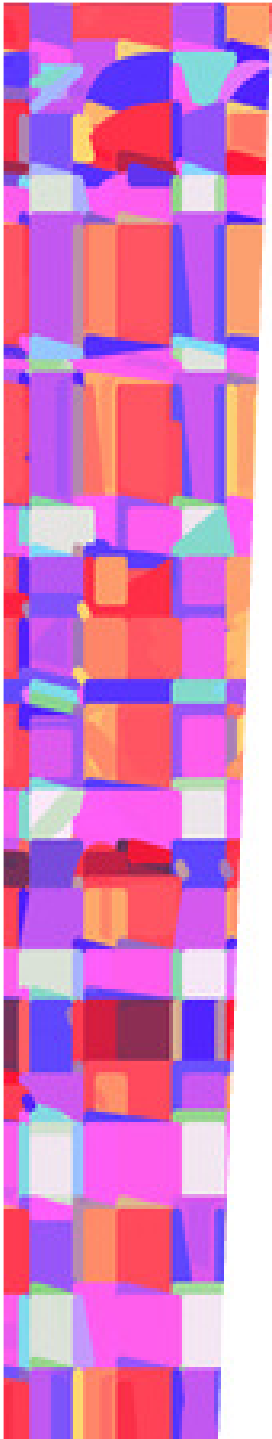
This kind of fasting will never get you anywhere with me. **5** You humble yourselves by going through the motions of penance, bowing your heads like reeds bending in the wind.

**ISAIAH 58:3-5**  
**NEW LIVING TRANSLATION**



You dress in burlap and cover yourselves with ashes. Is this what you call fasting? Do you really think this will please the Lord?

**ISAIAH 58:3-5**  
**NEW LIVING TRANSLATION**



Day 15 ☞ Fast for breakthroughs.

Day 16 ☞ Fast for humility.

Day 17 ☞ Fast for good attitudes.

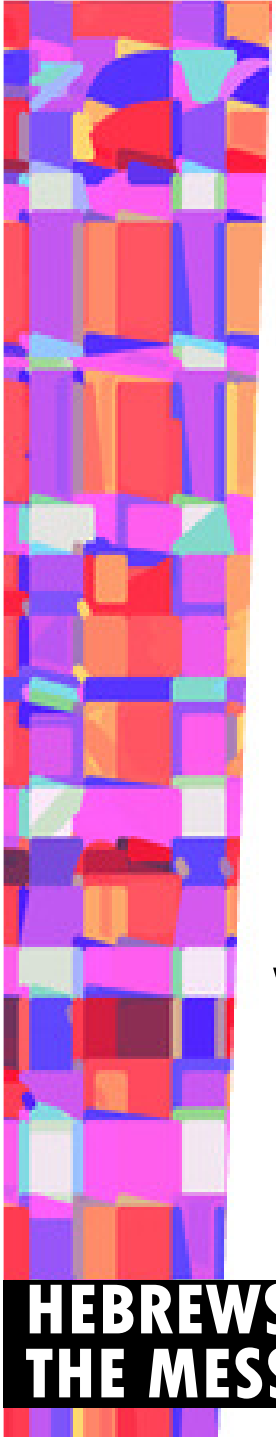
Day 18 ☞ Fast for answers.

Day 19 ☞ Fast for

\_\_\_\_\_.

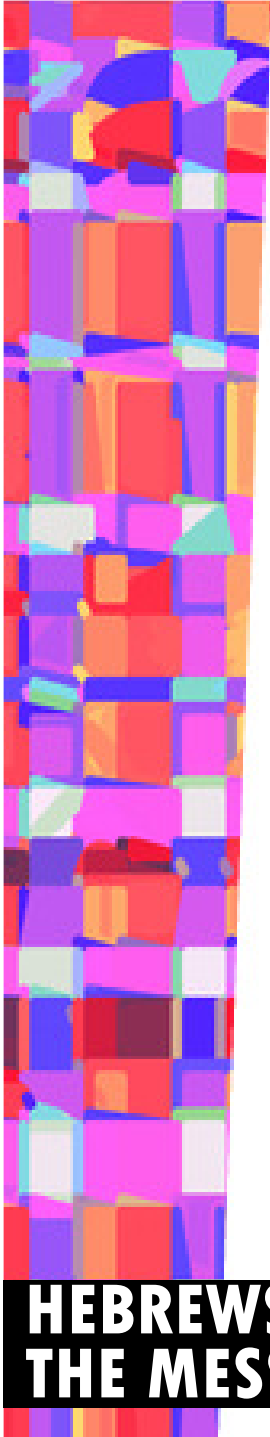
Day 20 ☞ Fast for \_\_\_\_\_.

Day 21 ☞ Fast for \_\_\_\_\_.



**8-10** By an act of faith, Abraham said yes to God's call to travel to an unknown place that would become his home. When he left he had no idea where he was going. By an act of faith he lived in the country promised him, lived as a stranger camping in tents.

**HEBREWS 11:8-10**  
**THE MESSAGE**



Isaac and Jacob did the same, living under the same promise. Abraham did it by keeping his eye on an unseen city with real, eternal foundations—the City designed and built by God.

**HEBREWS 11:8-10**  
**THE MESSAGE**



Day 15 ☞ Fast for breakthroughs.

Day 16 ☞ Fast for humility.

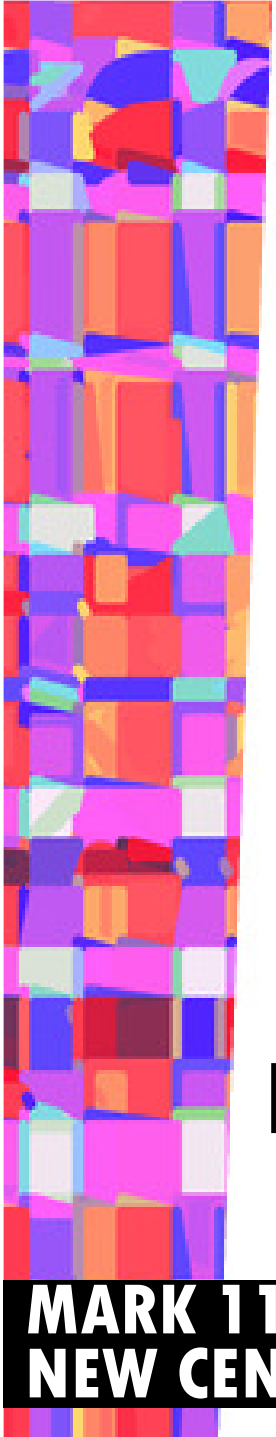
Day 17 ☞ Fast for good attitudes.

Day 18 ☞ Fast for answers.

Day 19 ☞ Fast for mountains moved.

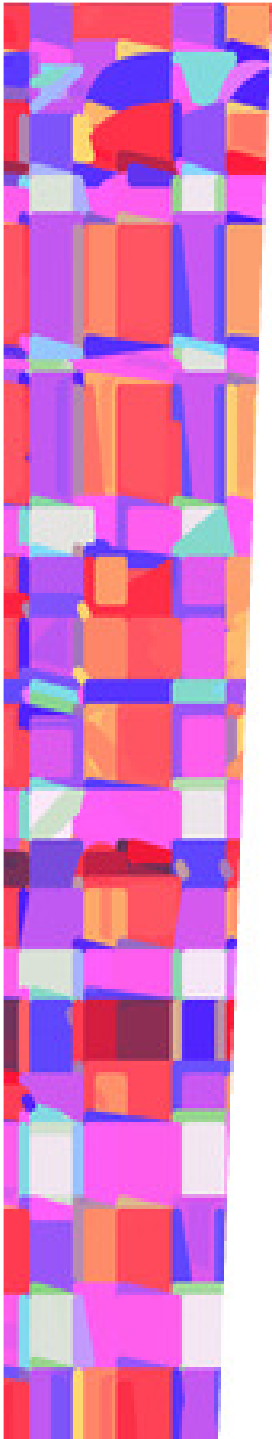
Day 20 ☞ Fast for \_\_\_\_\_.

Day 21 ☞ Fast for \_\_\_\_\_.



**22** Jesus answered, "Have faith in God. **23** I tell you the truth, you can say to this mountain, 'Go, fall into the sea.' And if you have no doubts in your mind and believe that what you say will happen, God will do it for you. **24** So I tell you to believe that you have received the things you ask for in prayer, and God will give them to you.

**MARK 11:22-24**  
**NEW CENTURY VERSION**



Day 15 ⇨ Fast for breakthroughs.

Day 16 ⇨ Fast for humility.

Day 17 ⇨ Fast for good attitudes.

Day 18 ⇨ Fast for answers.

Day 19 ⇨ Fast for mountains moved.

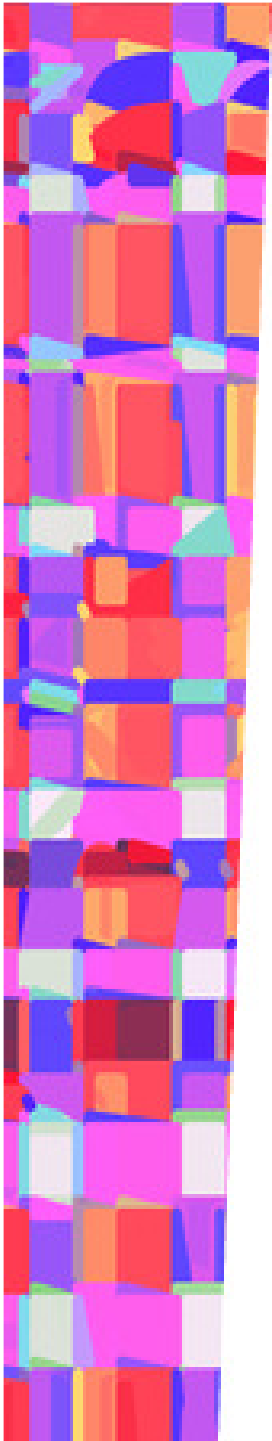
Day 20 ⇨ Fast for peace.

Day 21 ⇨ Fast for \_\_\_\_\_.



**24** I will answer their prayers  
before they finish praying.

**ISAIAH 65:24**  
**CONTEMPORARY ENGLISH VERSION**



Day 15 ⇨ Fast for breakthroughs.

Day 16 ⇨ Fast for humility.

Day 17 ⇨ Fast for good attitudes.

Day 18 ⇨ Fast for answers.

Day 19 ⇨ Fast for mountains moved.

Day 20 ⇨ Fast for peace.

Day 21 ⇨ Fast for 100 fold blessing.



**19** Respect your father and mother. And love others as much as you love yourself.

**MATTHEW 19:19**  
**CONTEMPORARY ENGLISH VERSION**