



MESSAGE NOTES

THE LOOP CAMPUS

FASTING: FEELING HUNGRY FROM GOING HUNGRY

June 14, 2020 • Timothy Ateek, Director, Breakaway Ministries

Normal fast: _____ from everything except water for a _____ amount of time and for a _____ purpose. *Luke 4:2*

Partial fast: abstinence from some _____ for a predetermined amount of _____ and for a _____ purpose. *Daniel 1:12*

Alternative fast: abstinence from _____ other than _____ for a predetermined amount of time and for a _____ purpose.

▶ **Fast to _____ your prayers.** *Daniel 9:3*

▶ **Fast for _____.** *Acts 14:23*

▶ **Fast because of your _____.** *Jonah 3:5-8*

▶ **Fast for God's _____.** *Nehemiah 1:3-4*

▶ **Fast when facing _____.** *2 Chronicles 20:3-4*

▶ **Fast for _____ in the midst of _____.**

▶ **Fast as a _____ of love to God.** *Matthew 6:16-18; Luke 2:37*

ONLINE OPTIONS

Our worship services are available online each Sunday at 9a, 11a, and 5p at HoustonFirst.org, [YouTube.com/HoustonFirst](https://www.youtube.com/HoustonFirst), and [Facebook.com/HoustonFirst](https://www.facebook.com/HoustonFirst).



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