

**Jesus' School of Discipleship**  
~ Teachings from the Sermon on the Mount ~

**Matthew 6:16-18**

Pastor Calvin Guillory, Jr. and Pastor Gary Barber  
June 22, 2008

**The purpose of the Sermon on the Mount**

Matthew 6:1-18 "When you give...when you pray...when you fast..." Jesus expects His disciples to give, pray and fast.

**Spiritual Benefits of Fasting**

Fasting strengthens you \_\_\_\_\_.

Fasting is an act of \_\_\_\_\_.

Fasting brings \_\_\_\_\_.

Fasting increases our \_\_\_\_\_ for the things of God. It will also \_\_\_\_\_ that hunger.

Fasting brings \_\_\_\_\_.

Fasting brings \_\_\_\_\_ from God. Fasting also releases \_\_\_\_\_ to help you.

**Fasting Brings Natural Health Benefits to the Body**

Fasting is like a \_\_\_\_\_ for our bodies.

Fasting eliminates stored up \_\_\_\_\_ and flushes out stored up \_\_\_\_\_.

Fasting promotes the \_\_\_\_\_ process.



**The Oaks**  
COMMUNITY CHURCH

10200 Campus Park Dr Bakersfield, CA 93311  
Phone: (661) 663-3888 Fax: (661) 663-9470  
Email: [tocc@toccma.com](mailto:tocc@toccma.com)  
TOCC's Website: [www.theoaksweb.com](http://www.theoaksweb.com)