

How to Fast in the Kingdom of Heaven

Matthew 6:16-18

1. The Motivation: Spiritual _____

2. The Method: _____ Piety

3. The Remedy: Routine _____
 - a. Right Motivation
 - i. Recognize Our _____

 - ii. Receive God's _____

 - b. Right Method

4. The Reward
 - a. Immediate

 - b. Eternal