



## Humble Yourself

"Our Father in heaven, hallowed be your name..."

Matthew 6:9

When you \_\_\_\_\_ to someone in need...

When you \_\_\_\_\_...

And when you \_\_\_\_\_...

Matthew 6 NLT

### What is biblical fasting?

Fasting helps us drive out the issues of life that are tied to our flesh: jealousy, guilt, unforgiveness, anger, fears, hurts, need for approval and food.

#### 1. Adam and Eve at themselves out of the Garden of Eden.

#### 2. What were the sins of Sodom?

Sodom's sins were pride, gluttony, laziness, while the poor and needy suffered outside her door. She was proud and committed detestable sins, so I wiped her out, as you have seen.

Ezekiel 16:49-50 NLT

#### 3. What was the controlling drive in Esau's life?

Make sure that no one is immoral or godless like Esau, who traded his birthright as the first-born son for a single meal. You know that afterward, when he wanted his father's blessing, he was rejected. Hebrews 12:16-17 NLT

#### 4. What were the sins of the ancient Israelites?

And the people of Israel also began to complain. 'Oh, for some meat!' they exclaimed. We remember the fish we use to eat for free in Egypt.... but now our appetites are gone. All we ever see is this manna. Numbers 11:4-6 NLT

\_\_\_\_\_ and \_\_\_\_\_ can...

1. Turn evil plots into Godly designs. Esther 4-5.
2. Defeat the feeling of being overwhelmed and afraid. 2 Chronicles 20:3-4
3. Remove the feeling of hopelessness. Nehemiah 1:1-4, 6:15
4. Help reveal God's direction for your life. Acts 13:1-3

<b>Elohim (God)</b>	Genesis 1:1-3	The all-powerful Creator
<b>Jehovah (YHWH LORD)</b>	Exodus 3:14	The Self-existing one
<b>Adonai (Lord)</b>	Psalms 8	My great Lord
<b>Jehovah MeKaddishkem</b>	Exodus 31:13	The Lord who sanctifies
<b>Jehovah Nissi</b>	Exodus 17:15	The Lord is my banner
<b>Jehovah Rapha</b>	Exodus 15:26	The Lord who heals
<b>Jehovah Rohi</b>	Psalms 23	The Lord is my shepherd
<b>Jehovah Sabaoth</b>	I Samuel 17:45	The Lord of heaven's armies
<b>Jehovah Shalom</b>	Judges 6:24	The Lord is peace
<b>Jehovah Shammah</b>	Ezekiel 48:35	The Lord is here
<b>Jehovah Tsidkenu</b>	Jeremiah 23:16	The Lord our righteousness
<b>Jehovah Jireh</b>	Genesis 22:13	The Lord will provide



## Humble Yourself

"Our Father in heaven, hallowed be your name..."  
Matthew 6:9

When you give to someone in need...

When you pray...

And when you fast...

Matthew 6 NLT

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### Prayer and fasting can...

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2. Defeat the feeling of being overwhelmed and afraid.  
2 Chronicles 20:3-4
3. Remove the feeling of hopelessness. Nehemiah 1:1-4, 6:15
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