



INGRAINED

CULTIVATING DEEP DISCIPLESHIP

THE SPIRITUAL DISCIPLINES:

FASTING

IN SCRIPTURE

2 Sam. 12:23

2 Chron. 20:1-13

Ezra 8:6, 9:5

Neh. 1:4, 9:1

Esther 4:3, 4:16

Psalms 69:10, 109:24

Isaiah 58

Jer. 14:11-12

Daniel 9:3

Joel 1:14, 2:12-13

Zech. 7:4-5

Matt. 9:1ff

Matt. 6:16

Matthew 4, Luke 4

Luke 2:37

Acts 13:1-3

Acts 14:23

1 Cor. 7:5

IN PRINCIPLE

What Biblical fasting is: abstinence from God's blessings to deliberately seek God himself.

To focus intently on the deep things of God.

An opportunity to focus on our true priorities.

IN PRINCIPLE

What Biblical fasting is: abstinence from God's blessings to deliberately seek God himself.

What Biblical fasting isn't: a weight-loss effort or health-improvement plan.

IN PRINCIPLE

It is a natural part of Christian behavior.

When you give to the needy...

When you pray...

When you fast...

IN PRINCIPLE

It is a natural part of Christian behavior.

Then why do we struggle with it?

1) *Because we limit it to "no food at all."*

The Bible has other options.

2) *Because fasting is hard.*

We are extremely uncomfortable going without.

IN PRACTICE

Choose a day every week.

Go 12 hours or 24 hours.

Fast & pray before pivotal moments in life.

Choose a season each year to fast from something.

When you fast, pray about specific things.

Break your fast; enjoy God's blessings again.

FASTING...

Teaches us that discomfort is not inherently a bad thing.

Strengthens the will by exercising it against resistance.

Intensifies prayer.

Establishes appreciation for abundance and absence.

Fosters attitudes of gratitude and humility.

Evokes a deeper sense empathy for the poor.

Brings us closer to God.



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