

Biblical Fasting

February 26th 2023



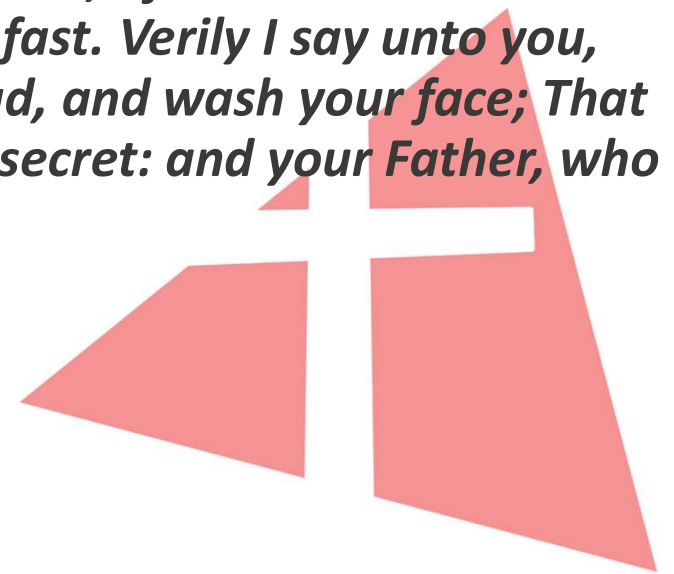
Today's Focus

- **Fasting**



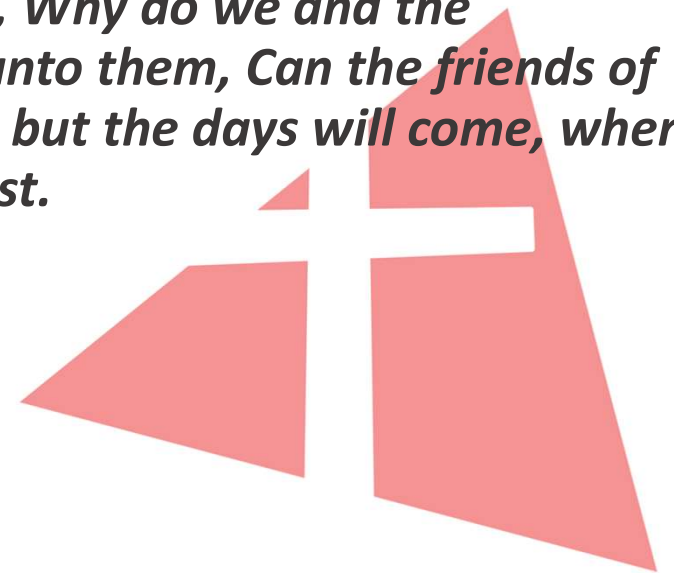
Jesus' Teaching

Matthew 6:16-18 Moreover when you fast, be not, as the hypocrites, of a sad countenance: for they disfigure their faces, that they may appear unto men to fast. Verily I say unto you, They have their reward. But you, when you fast, anoint your head, and wash your face; That you appear not unto men to fast, but unto your Father who is in secret: and your Father, who sees in secret, shall reward you openly.



Jesus' Teaching

Matthew 9:14-15 Then came to him the disciples of John, saying, Why do we and the Pharisees fast often, but your disciples fast not? And Jesus said unto them, Can the friends of the bridegroom mourn, as long as the bridegroom is with them? but the days will come, when the bridegroom shall be taken from them, and then shall they fast.



What's the Point?

- **Taking away something from this world in order to make more room for God in our lives**



Main Form of Fasting

- Giving up food in some form



The Purpose

- We refocus our lives on true, lasting, spiritual food



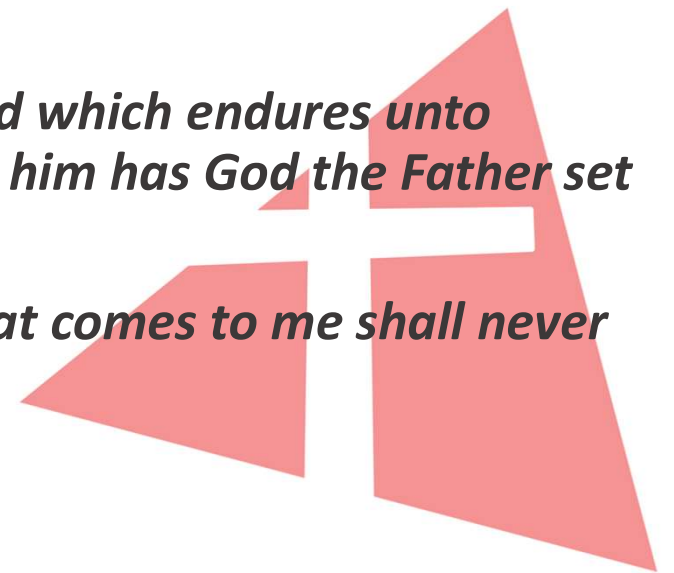
True Food

Matthew 4:4 But he answered and said, It is written, Man shall not live by bread alone, but by every word that proceeds out of the mouth of God.

John 4:34 Jesus said unto them, My food is to do the will of him that sent me, and to finish his work.

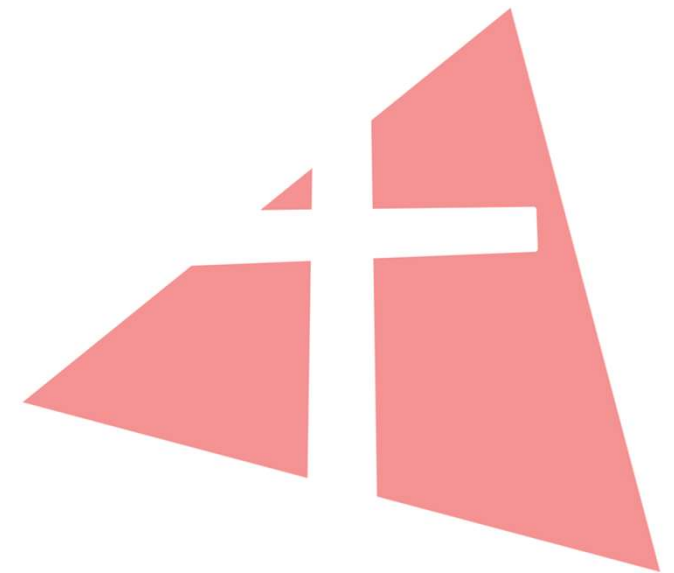
John 6:27 Labor not for the food which perishes, but for that food which endures unto everlasting life, which the Son of man shall give unto you: for on him has God the Father set his seal.

John 6:35 And Jesus said unto them, I am the bread of life: he that comes to me shall never hunger; and he that believes on me shall never thirst.



Effects of Fasting

- **We spend less time eating**
- **Some people need less sleep**
- **Our spiritual sensitivity gets heightened**
- **As a result**
 - We can spend additional time with God
 - We are more sensitive to His voice and guidance
- **We put more focus on our spiritual being**
 - Less focus on our physical being
- **We rely more on God**



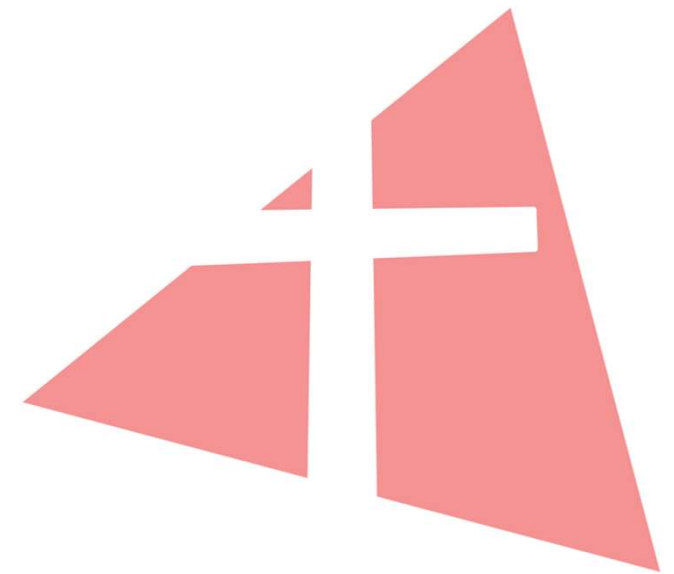
The other side of the same coin

- **Satan will most likely also be more active when we fast**



Good Seasons to consider Fasting

- **When God leads us to fast**
- **Starting a new season**
 - New year
 - New job
 - ...
- **When we are about to make a big decision**
 - When we need God's guidance
- **Lent**
- ...



What won't work

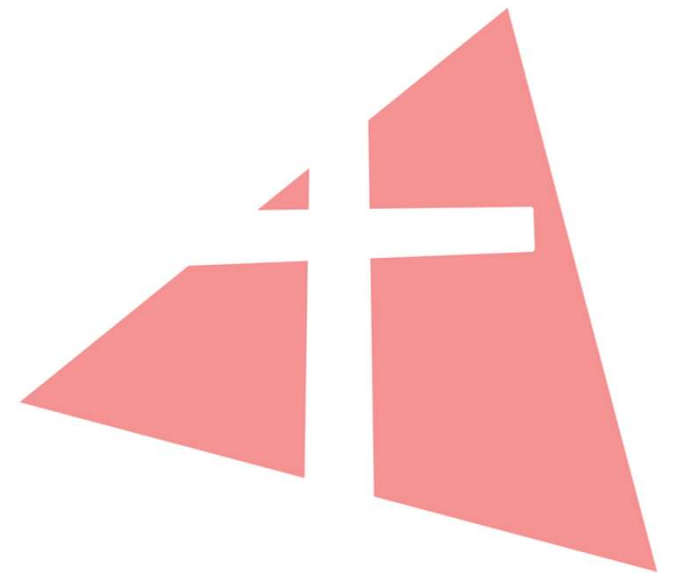
- **Fasting in our own strength**
- **Fasting in order to “get something from God”**



Next Week

○ Practical steps to fast

- How to prepare for a fast
- How to make the most of our fasting season
- How to end a fast
- ...



In Conclusion for today

- **Fasting can be a wonderful tool to deepen our relationship with God**
- **But our hearts have to be in the right place**

