

TRUE



MATTHEW 6



TRUE



Video



TRUE



FASTING



TRUE



Women spend 44 min a day thinking about food



TRUE



Women spend 44 min a day thinking about food

Men spend 39 min a day thinking about food.

TRUE



Women spend 44 min a day thinking about food

Men spend 39 min a day thinking about food.

1 in 5 Brits admits to being obsessed with food.



TRUE



Women spend 44 min a day thinking about food



Men spend 39 min a day thinking about food.



1 in 5 Brits admits to being obsessed with food.



More than a third say thoughts of their next meal is the only thing that gets them through their day at work.



TRUE



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TRUE



Few disciplines go against the flesh and the mainstream of culture as this one.

Donald Whitney



TRUE



Fasting has been in general disrepute both in and outside the church for many years. For example, in my research I could not find a single book published on the subject of Christian fasting from 1861 to 1954, a period of nearly one hundred years.

Richard Foster



TRUE

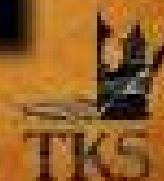


oh no! I have a problem with fasting.
If I can fast, I'll lose weight already!

TRUE



FASTING



TRUE



1. Precaution

TRUE



“And when you fast, do not look gloomy
like the hypocrites, for they disfigure their faces
that their fasting may be seen by others.

Truly, I say to you, they have received their reward. But
when you fast, anoint your head and wash your face, that
your fasting may not be seen by others
but by your Father who is in secret.

And your Father who sees in secret will reward you.”

(Mat 6:16-18 ESV)



TRUE



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TRUE



2. Purpose

TRUE



Without a purpose, fasting can be a miserable, self-centered experience.

Donald Whitney



TRUE



What fasting is **NOT** for

TRUE



What fasting is **NOT** for

Fasting is **NOT** for weight loss

TRUE



What fasting is **NOT** for

Fasting is **NOT** for weight loss

Fasting is **NOT** for saving money \$

TRUE



What fasting is **NOT** for

Fasting is **NOT** for weight loss

Fasting is **NOT** for saving money \$

Fasting is **NOT** to earn God's favor/forgiveness/love

TRUE



What fasting is **NOT** for

Fasting is **NOT** for weight loss

Fasting is **NOT** for saving money \$

Fasting is **NOT** to earn God's favor/forgiveness/love

Fasting is **NOT** instant and automatic spirituality

TRUE



Food will not commend us to God.
We are no worse off if we do not eat,
and no better off if we do.

(1Co 8:8 ESV)

TRUE



through the insincerity of **liars** whose consciences are seared, who forbid marriage and **require abstinence from foods** that God created to be received with thanksgiving by those who believe and know the truth.

(1Ti 4:2-3 ESV)

TRUE



Fasting ... is not a spiritual gimmick.
It is not a penny in a slot.
It isn't going to produce spirituality any more
than food produces carnality.

John MacArthur



TRUE



What fasting is **NOT** for

Fasting is **NOT** for weight loss

Fasting is **NOT** for saving money \$

Fasting is **NOT** to earn God's favor/forgiveness/love

Fasting is **NOT** instant and automatic spirituality

TRUE



What fasting is **NOT** for

Fasting is **NOT** for weight loss

Fasting is **NOT** for saving money \$

Fasting is **NOT** to earn God's favor/forgiveness/love

Fasting is **NOT** instant and automatic spirituality

Fasting is **NOT** a bribe/coercion/hunger strike

TRUE



What fasting is for

TRUE



What fasting is for

Fasting is to express and increase our hunger for God



TRUE



And Jesus said to them, “Can the wedding guests mourn as long as the bridegroom is with them? The days will come when the bridegroom is taken away from them, and then they will fast.

(Mat 9:15 ESV)

TRUE



Fasting is to express and increase our hunger for God



TRUE



Fasting is to express and increase our hunger for God

“The weakness of our hunger for God is not because he is unsavory, but because we keep ourselves stuffed with “other things.” Perhaps, then, the **denial of our stomach’s appetite for food might express, or even increase, our soul’s appetite for God.**”

John Piper



TRUE



Fasting is to express and increase our hunger for God

“Soul-fattening fasting”



TRUE



Fasting is to express and increase our hunger for God

“Soul-fattening fasting”

“Fasting is feasting on God”



TRUE



Fasting is to express and increase our hunger for God

“Soul-fattening fasting”

“Fasting is feasting on God”

-Humbles us/ shows us our neediness



TRUE



Fasting is to express and increase our hunger for God

“Soul-fattening fasting”

“Fasting is feasting on God”

- Humbles us/ shows us our neediness
- Removes distractions to focus on God



TRUE



Fasting is to express and increase our hunger for God

“Soul-fattening fasting”

“Fasting is feasting on God”

- Humbles us/ shows us our neediness
- Removes distractions to focus on God
- Denies the physical to focus on the spiritual



TRUE



3. Practice



TRUE



Is Fasting commanded
in the New Testament?



TRUE



Is Fasting commanded
in the New Testament?

No, it's not commanded in the NT (like prayer)



TRUE



Is Fasting commanded in the New Testament?

No, it's not commanded in the NT (like prayer)
But Jesus did imply we should when he said, "**When**
you fast", not "**if** you fast" in Mat 6:16.



TRUE



Is Fasting limited to food?

TRUE



Fasting, if we conceive of it truly, must not...
be confined to the question of food and drink; fasting
should really be made to include abstinence from anything
which is legitimate in and of itself for the sake of some
special spiritual purpose.

There are many bodily functions which are right and normal
and perfectly legitimate, but which for special peculiar
reasons in certain circumstances should be controlled. That
is fasting.

Martyn Lloyd-Jones

TRUE



Do not deprive one another, except perhaps by agreement for a limited time, that you may devote yourselves to prayer; but then come together again, so that Satan may not tempt you because of your lack of self-control.

(1Co 7:5 ESV)

TRUE



What's the relationship between
fasting and prayer?

TRUE



As soon as I heard these words I sat down and wept and mourned for days, and I continued **fasting and praying** before the God of heaven.

(Neh 1:4 ESV)



TRUE



So we **fasted and implored** our God for this, and he listened to our entreaty.

(Ezr 8:23 ESV)



TRUE



and then as a widow until she was eighty-four. She did not depart from the temple, worshiping with **fasting and prayer** night and day.

(Luk 2:37 ESV)

TRUE



Prayer is the one hand
with which we grasp the invisible;

Fasting, the other with which
we let loose and cast away the visible.

Andrew Murray



TRUE



The first links us to heaven,
the second separates us from earth.

Prayer takes us into the banqueting-house of God;
fasting overturns the surfeiting tables of earth.

Prayer gives us to feed on the bread of heaven, and
fasting delivers the soul from being encumbered with
the fulness of bread which perishes

Spurgeon



TRUE



When should I fast?

TRUE



1. When you are in a Strait

TRUE



1. When you are in a Strait

As soon as I heard these words I sat down and wept and mourned for days, and I continued **fasting** and praying before the God of heaven.

(Neh 1:4 ESV)



TRUE



1. When you are in a Strait

"Go, gather all the Jews to be found in Susa, and **hold a fast on my behalf**, and do not eat or drink for three days, night or day. I and my young women will also fast as you do. Then I will go to the king, though it is against the law, and if I perish, I perish."

(Esther 4:16 ESV)



TRUE



1. When you are in a Strait

TRUE



2. When you are in Sin

TRUE



2. When you are in Sin

Then I turned my face to the Lord God,
seeking him by prayer and **pleas for mercy**
with **fasting** and sackcloth and ashes.

I prayed to the LORD my God and made **confession**
(Dan 9:3,4 ESV)

TRUE



2. When you are in Sin

“Yet even now,” declares the LORD,
“**return to me** with all your heart,
with **fasting, with weeping, and with mourning;**
(Joel 2:12 ESV)



TRUE



2. When you are in Sin

So they ... **fasted** on that day and said there,
"We have **sinned** against the LORD."
(1Sa 7:6 ESV)



TRUE



2. When you are in Sin

... the people of Israel were assembled with **fasting** and in sackcloth ... and **confessed their sins** and the iniquities of their fathers.
(Neh 9:1,2 ESV)



TRUE



2. When you are in Sin

TRUE



3. When you are in Service

TRUE



3. When you are in Service

Their end is destruction, their **god is their belly**, and they glory in their shame, with minds set on earthly things.

(Phi 3:19 ESV)



TK5

TRUE



3. When you are in Service

in toil and hardship, through many a sleepless night,
in hunger and thirst, **often without food,**
in cold and exposure.

(2Co 11:27 ESV)

TRUE



3. When you are in Service

and then as a widow until she was eighty-four.

She did not depart from the temple,
worshiping with fasting and prayer night and day.

(Luk 2:37 ESV)

TRUE



3. When you are in Service

While they were **worshiping the Lord and fasting**, the Holy Spirit said, “Set apart for me Barnabas and Saul for the work to which I have called them.”

Then after **fasting and praying** they laid their hands on them and sent them off.

(Acts 13:2,3 ESV)



TRUE



3. When you are in Service

Is not this the **fast** that I choose: to loose the bonds of wickedness, to undo the straps of the yoke, to let the oppressed go free, and to break every yoke?

(Isa 58:6,7 ESV)



TRUE



3. When you are in Service

Is it not to share your bread with the hungry
and bring the homeless poor into your house;
when you see the naked, to cover him, and
not to hide yourself from your own flesh?

(Isa 58:6,7 ESV)



TRUE



3. When you are in Service

Perhaps the greatest hindrance to our work is our own imagined strength; and in fasting we learn what poor, weak creatures we are-dependent on a meal of meat for the little strength which we are so apt to lean upon.

Hudson Taylor



TRUE



“If you don’t feel strong desires
for the manifestation of the glory of God, it is
not because you have drunk deeply and are satisfied.
It is because you have nibbled so long
at the table of the world. Your soul is stuffed with small
things, and there is no room for the great.
God did not create you for this.
There is an appetite for God. And it can be awakened.
I invite you to turn from the dulling effects of food
and the dangers of idolatry, and to say with some
simple fast ‘This much, O God, I want you’

John Piper

