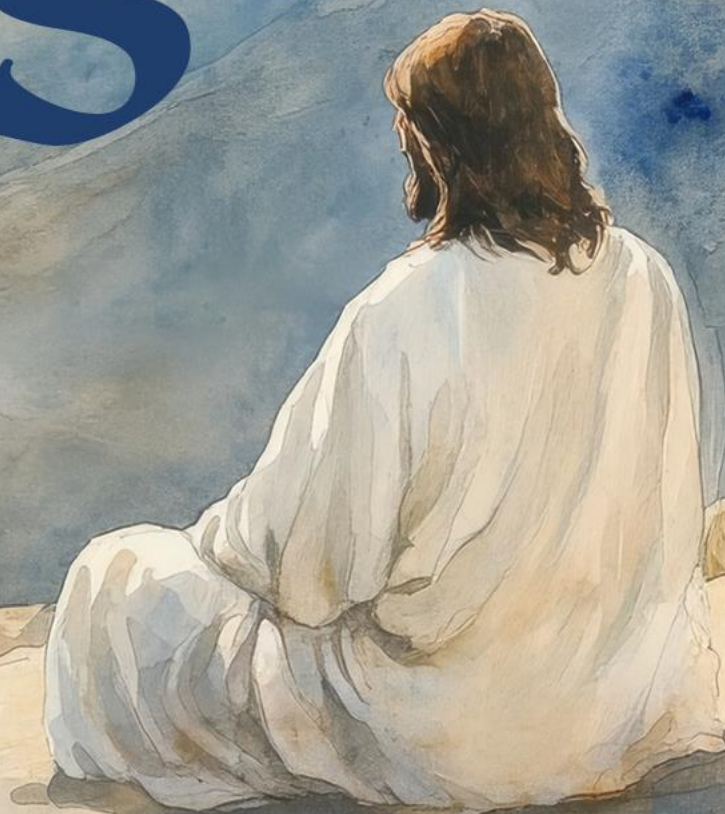
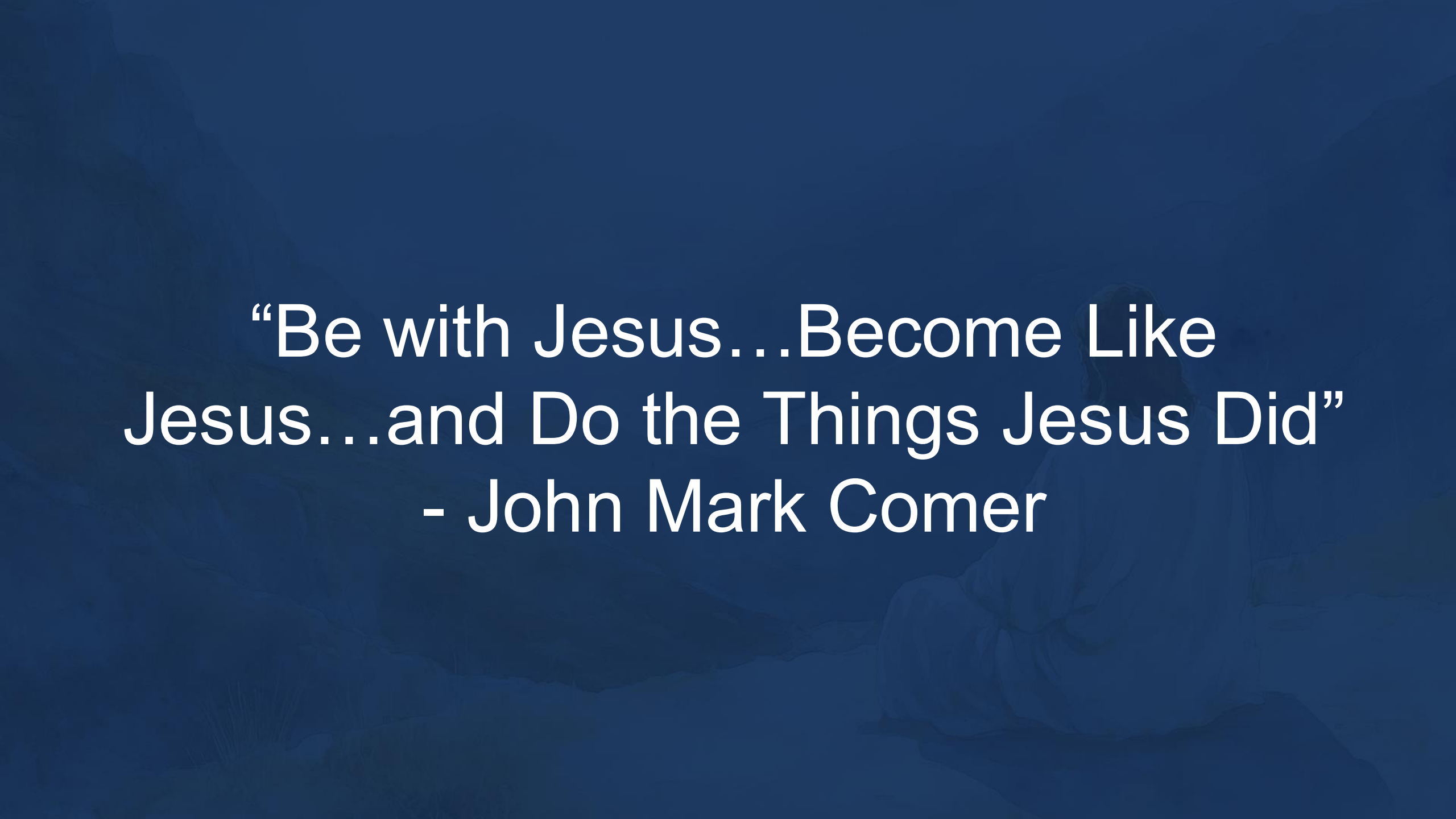


Practices of Jesus





“Be with Jesus...Become Like
Jesus...and Do the Things Jesus Did”
- John Mark Comer

Espresso



Monism

Body/Soul

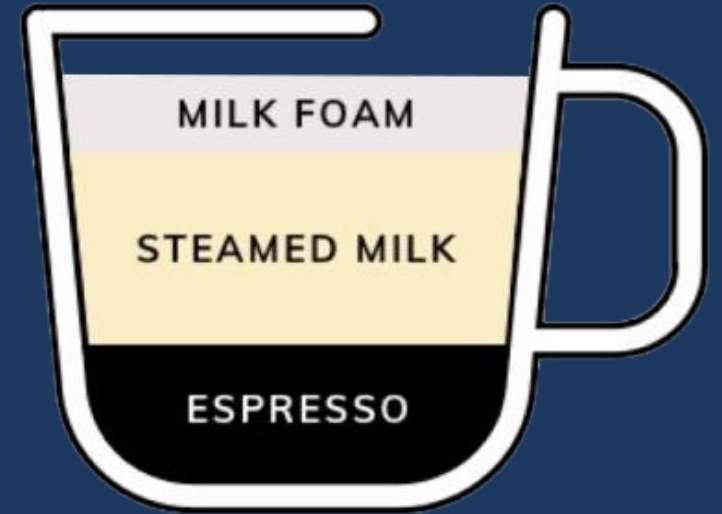
Flat White



Dichotomy

Body
+
Spirit/Soul

Latte



Trichotomy

Body
+
Spirit
+
Soul

What happens in
our bodies can
impact our souls

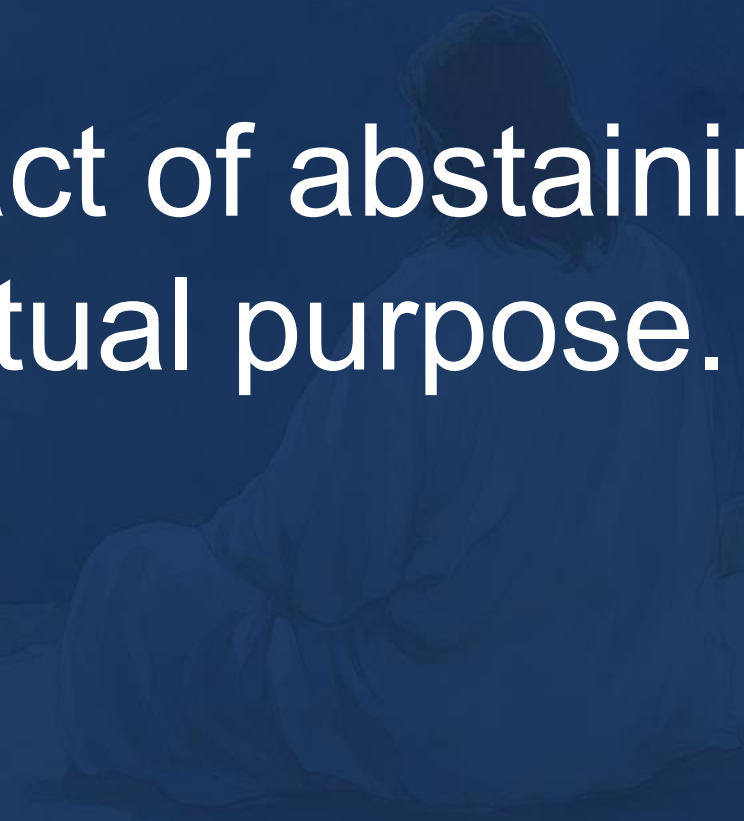
What happens in
our souls can
impact our bodies



“¹Jesus was led by the Spirit into the wilderness to be tempted there by the devil.² For forty days and forty nights he fasted and became very hungry. ³ During that time the devil came and said to him, “If you are the Son of God, tell these stones to become loaves of bread.” ⁴ But Jesus told him, “No! The Scriptures say, ‘People do not live by bread alone, but by every word that comes from the mouth of God.’” (Matthew 4:1-4 NLT)

What is Fasting?

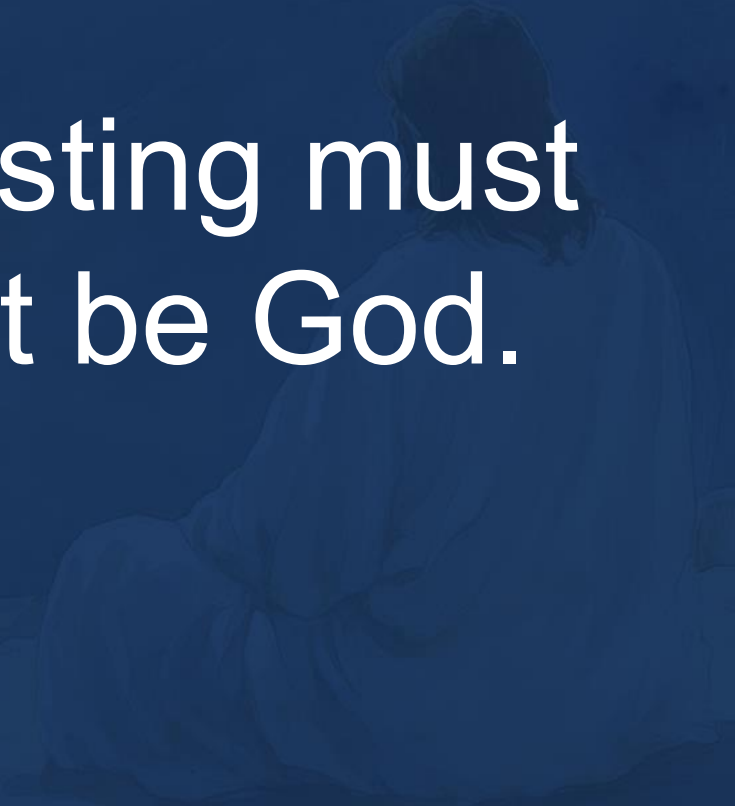
Biblical fasting is the act of abstaining from food for a spiritual purpose.



This High Priest of ours [Jesus]
understands our weaknesses, for
he faced all of the same testings
we do, yet he did not sin.”
(Hebrews 4:15 NLT)

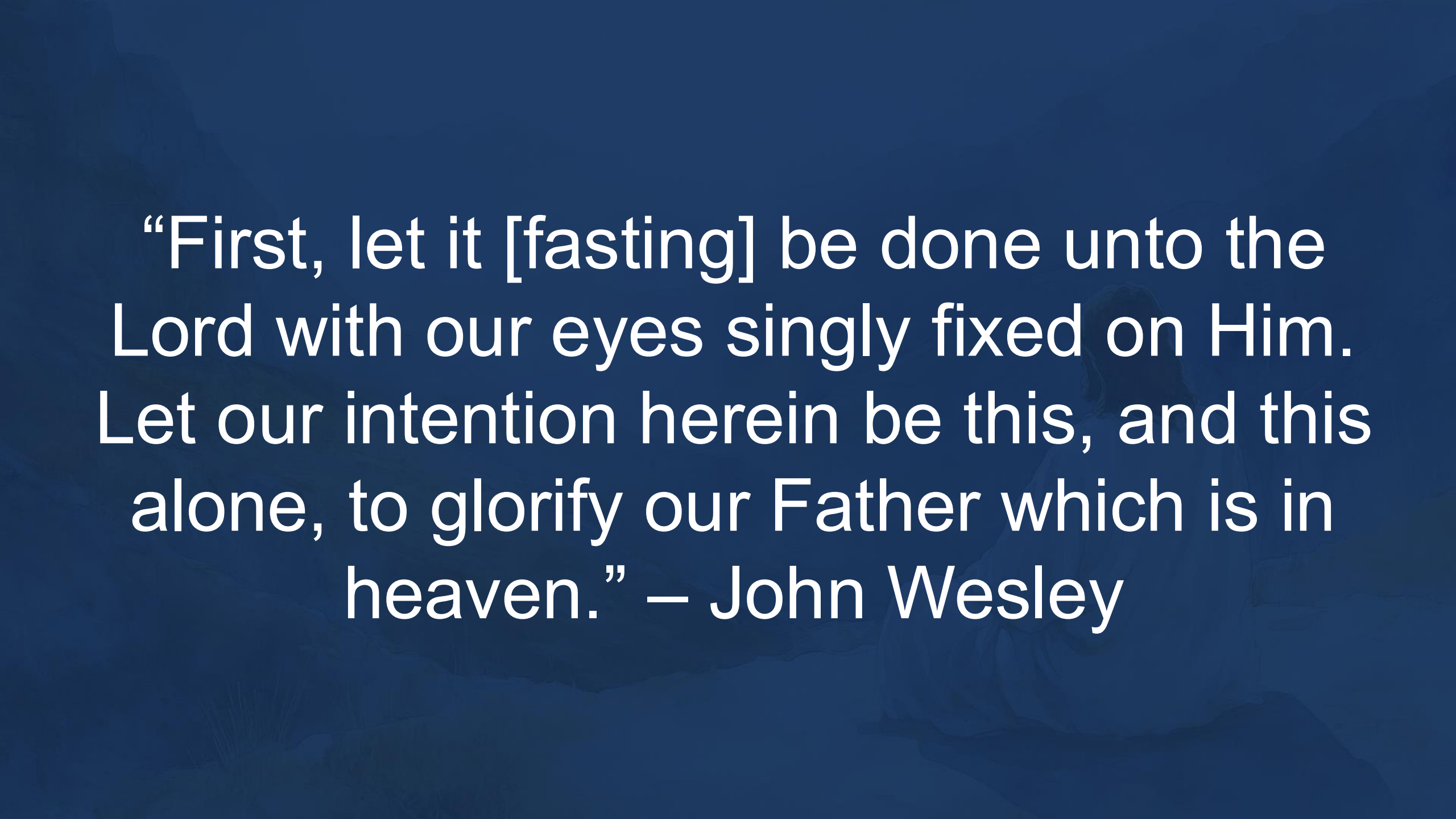
Why do we Fast?

The goal of our fasting must first and foremost be God.

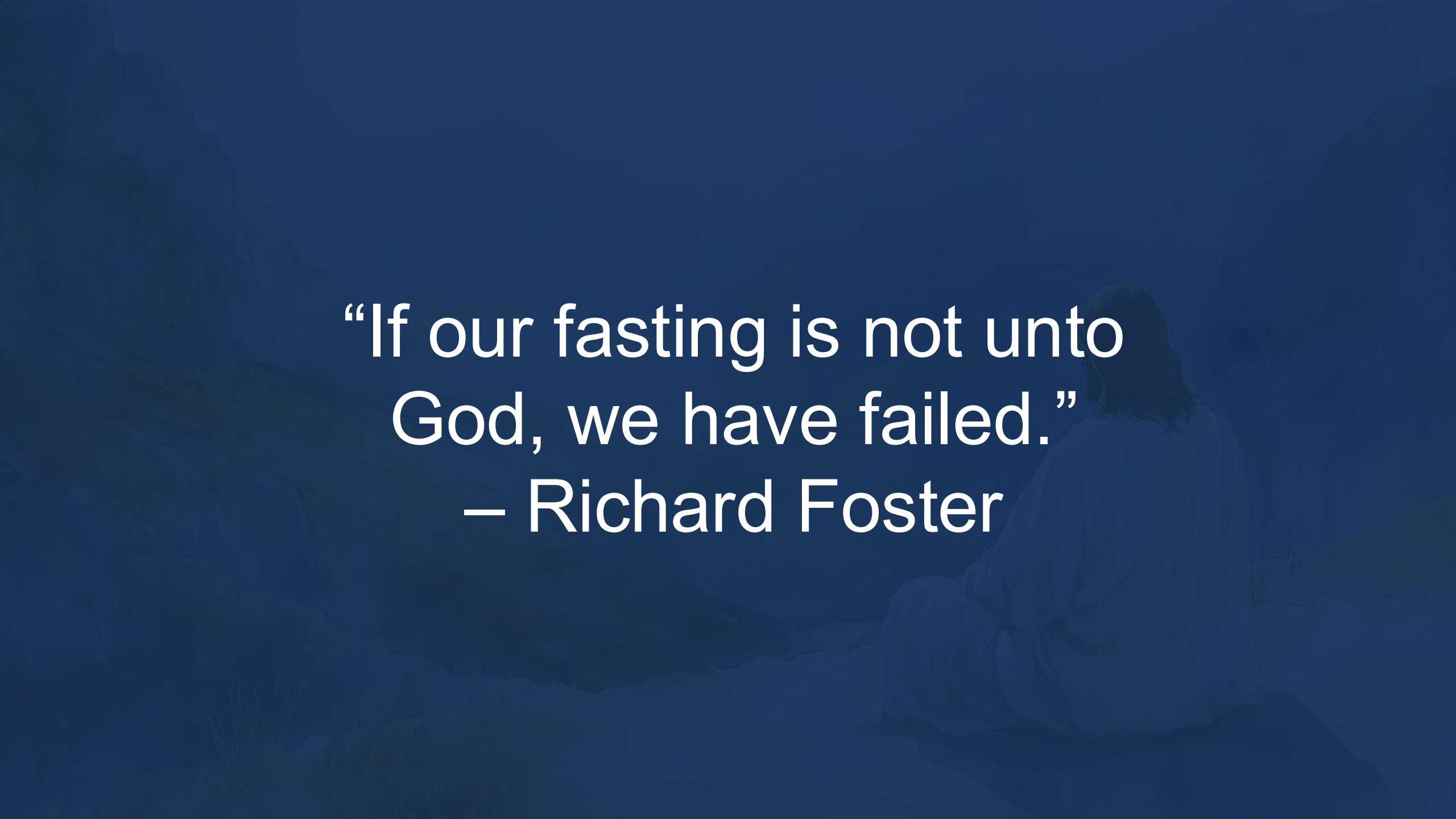


⁵ “Say to all your people and your priests, ‘During these seventy years of exile, when you fasted and mourned in the summer and in early autumn, was it really for me that you were fasting?’ ⁶

And even now in your holy festivals, aren’t you eating and drinking just to please yourselves? (Zec. 7:5-6 NLT)



“First, let it [fasting] be done unto the Lord with our eyes singly fixed on Him. Let our intention herein be this, and this alone, to glorify our Father which is in heaven.” – John Wesley



“If our fasting is not unto
God, we have failed.”
– Richard Foster

Must we Fast?

No

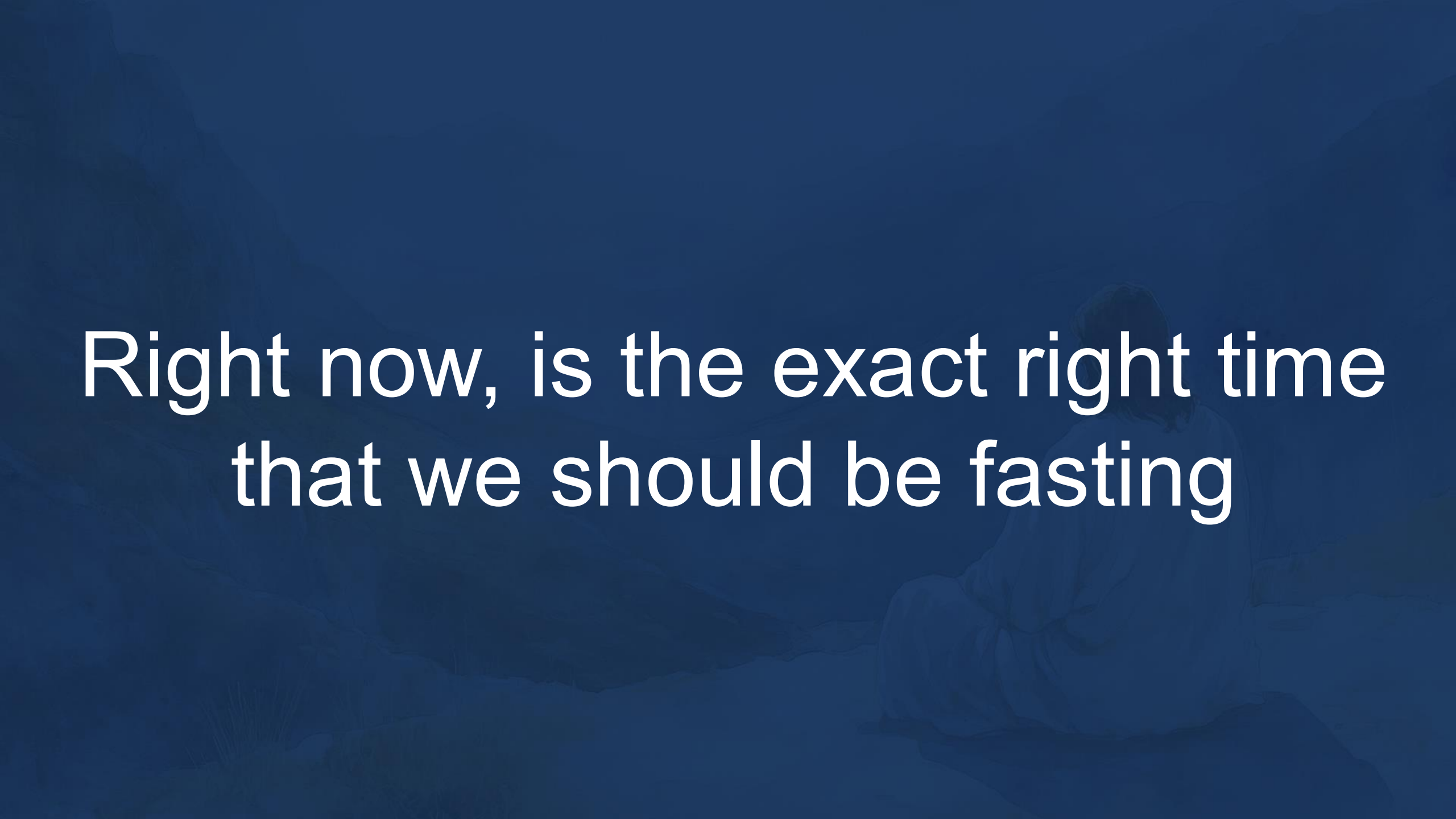
“Our freedom in the gospel, however, does not mean license; it means opportunity.”

– Richard Foster

Must we Fast?

We are not commanded to fast,
BUT we can and should fast,
Jesus expects us to fast.

² When you give... ⁵ When you pray...¹⁶ And when you fast, don't make it obvious, as the hypocrites do, for they try to look miserable and disheveled so people will admire them for their fasting. I tell you the truth, that is the only reward they will ever get. ¹⁷ But when you fast, comb your hair and wash your face. ¹⁸ Then no one will notice that you are fasting, except your Father, who knows what you do in private. And your Father, who sees everything, will reward you. (Matthew 6:2,5,16-18 NLT)

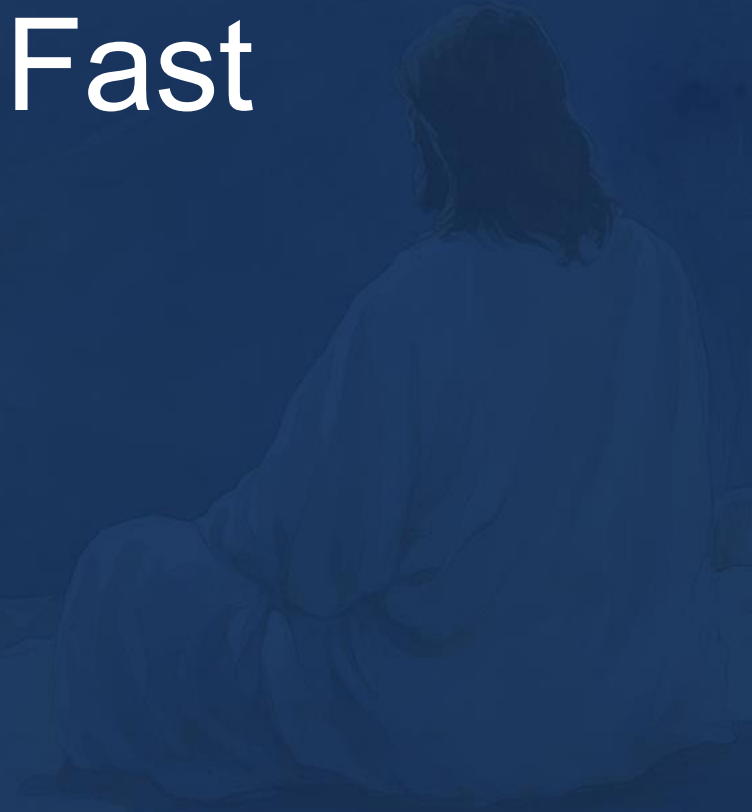
A person is sitting on a rocky shore, looking out at the ocean. The scene is dimly lit, suggesting dusk or dawn. The person is wearing a light-colored shirt and dark pants. The ocean is visible in the background, with waves breaking on the shore. The overall mood is contemplative and serene.

Right now, is the exact right time
that we should be fasting

¹⁴ One day the disciples of John the Baptist came to Jesus and asked him, “Why don’t your disciples fast like we do and the Pharisees do?” ¹⁵ Jesus replied, “Do wedding guests mourn while celebrating with the groom? Of course not. But someday the groom will be taken away from them, and then they will fast. (Matthew 9:14-15 NLT)

Step #1: Decide How You'll Fast

The Partial Fast



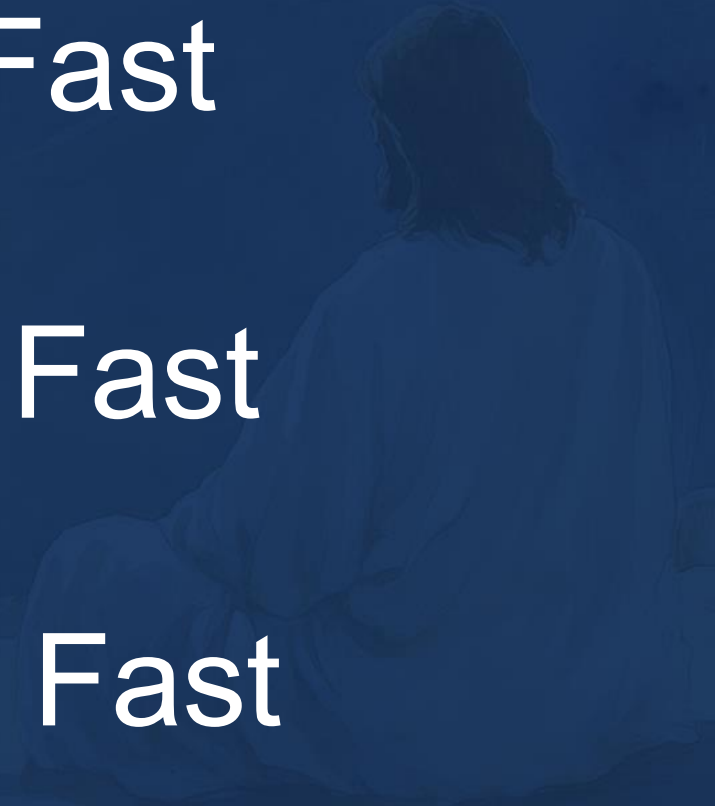
² When this vision came to me, I, Daniel, had been in mourning for three whole weeks. ³ All that time I had eaten no rich food. No meat or wine crossed my lips, and I used no fragrant lotions until those three weeks had passed. (Dan 10:2-3 NLT)

Step #1: Decide How You'll Fast

The Partial Fast

The Regular Fast

The Absolute Fast



¹⁶ “Go and gather together all the Jews of Susa and fast for me. Do not eat or drink for three days, night or day. My maids and I will do the same. And then, though it is against the law, I will go in to see the king. If I must die, I must die.” (Esther 4:16 NLT)

Step #2: Decide When You'll Fast

Weekly

Monthly

Seasonally



Step #3: Decide What You'll Fast From

Partial Fast: Specific Food or Drink

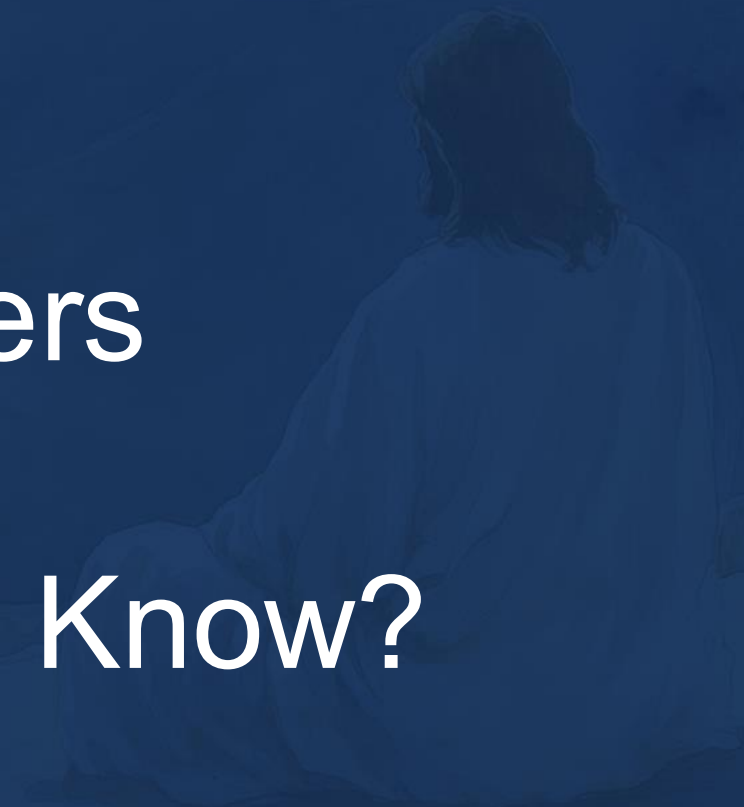
Regular Fast: Meals/Days

Step #4: Decide Who You'll Fast With

Alone

With Others

Who Needs to Know?



Step #5: Decide How You'll Feast on God

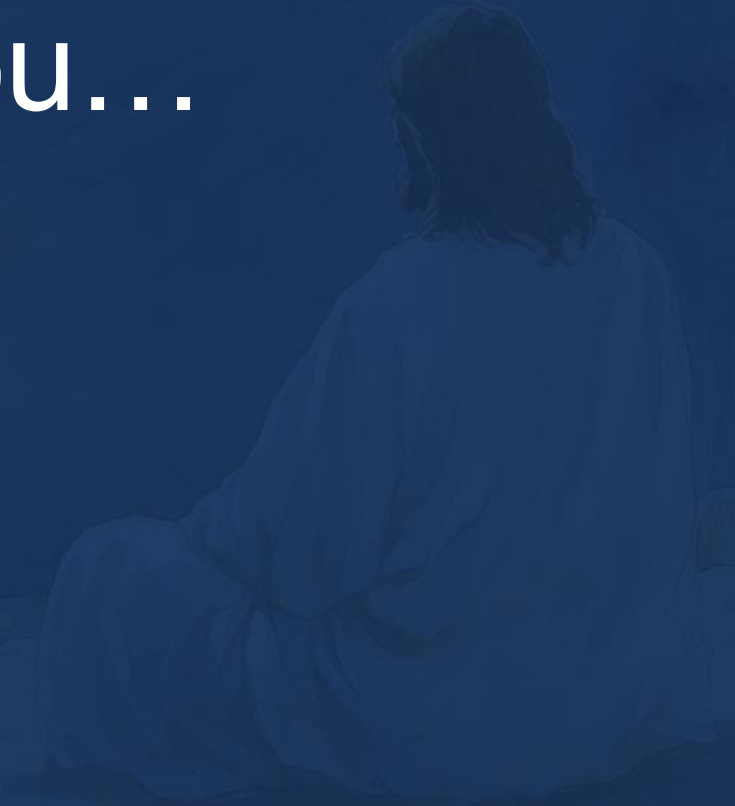
How will you...

Pray?

Read?

Praise?

Serve?



**Fasting is the act of abstaining from food
for a spiritual purpose.**

**The primary spiritual purpose of every fast is
to deepen our relationship with and reliance
on God.**

**While we are not commanded to fast,
Jesus expects that we will.**