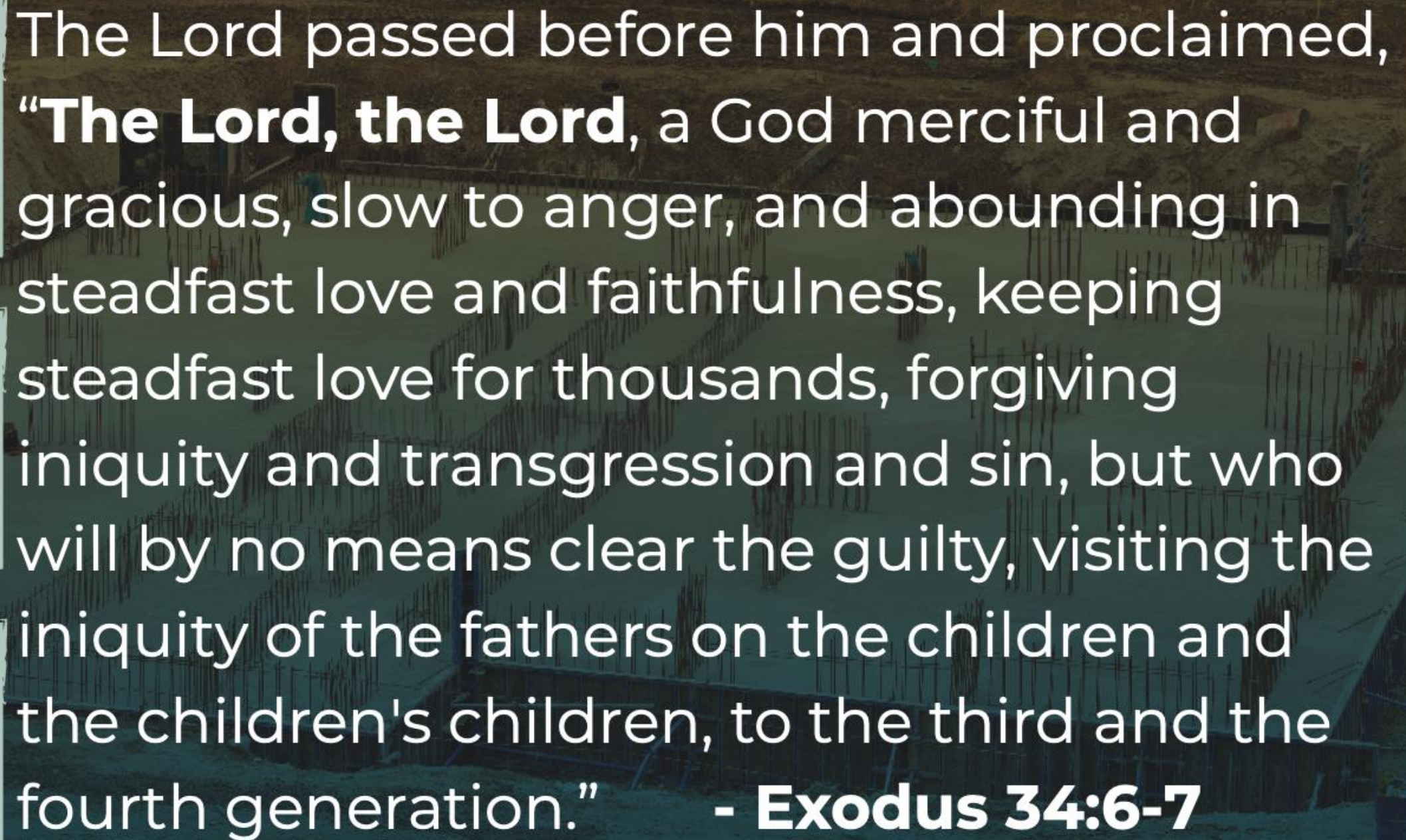


A photograph of a construction site showing the foundation of a building. The foundation is a large, rectangular concrete slab with a grid of rebar (steel reinforcement) visible on top. The rebar is arranged in a grid pattern, with vertical bars and horizontal bars. The concrete is a light gray color. The background shows a dirt area with some construction equipment and materials. The overall scene is a construction site for a building foundation.

FOUNDATIONS

WE ARE BUILT ON HIS NAME



The Lord passed before him and proclaimed,
“**The Lord, the Lord**, a God merciful and
gracious, slow to anger, and abounding in
steadfast love and faithfulness, keeping
steadfast love for thousands, forgiving
iniquity and transgression and sin, but who
will by no means clear the guilty, visiting the
iniquity of the fathers on the children and
the children's children, to the third and the
fourth generation.” - **Exodus 34:6-7**

"Fasting"

WHAT IT IS NOT...

- Starvation or Punishment
- Hunger Strike or Manipulation
- Duty or Required

WHAT IT IS...

- "Praying" – With Your Whole Body
- Surrender & Humble Yourself to God
- Almost ALWAYS Alongside Prayer

Biblical Fasting

Moses - Personal: 40 Days – Before
10 Commandments(**Exodus 34:28**)

David - Personal: For his son (**2 Samuel 12:16**)

Daniel - Personal: God's Timing for Return (**Daniel 9:3**)

Esther - Jews: Talking to King (**Esther 4:15-16**)

Jehosophat – National: Threat from Edomites
(**2 Chronicles 20:3-4**)

Ezra – National: Before Returning from Exile (**Ezra 8:21**)

Joel – National: Plague of Locust (**Joel 1:14**)

Jesus – Personal: 40 Days – Before Ministry (**Luke 4:1-2**)

Paul - Personal: After Conversion – Damascus (**Acts 9:7**)

First Century Church: Multiple Occasions (**Acts 14:21-23**)

Matthew
4:1-11

¹ Then Jesus was led up by the Spirit into the wilderness to be tempted by the devil.

² And after fasting forty days and forty nights, He was hungry.

³ And the tempter came and said to Him, “*If* You are the Son of God, command these stones to become loaves of bread.”

⁴ But He answered, “It is written, ‘Man shall not live by bread alone but by every word that comes from the mouth of God.’”

Deuteronomy 8:1-3

Provision
V. 1-4

2 And you shall remember the whole way that the Lord your God has led you these forty years in the wilderness, that He might **HUMBLE YOU, TESTING YOU TO KNOW WHAT WAS IN YOUR HEART, WHETHER YOU WOULD KEEP HIS COMMANDMENTS OR NOT.**

3 And He humbled you and let you hunger and fed you with manna, which you did not know, nor did your fathers know, that He might make you know that *man does not live by bread alone*, but man lives by every word that comes from the mouth of the Lord.

Matthew
4:1-11

⁵ Then the devil took Him to the holy city and set Him on the pinnacle of the Temple

⁶ and said to Him, “*If* You are the Son of God, throw Yourself down, for it is written, ‘He will command His angels concerning You,’ and ‘On their hands they will bear You up, lest You strike Your foot against a stone.’”

⁷ Jesus said to him, “Again it is written, ‘You shall not put the Lord your God to the test.’”

Protection
V. 5-7

Exodus 13:21

21 And the Lord went before them by day in a pillar of cloud to lead them along the way, and by night in a pillar of fire to give them light, that they might travel by day and by night.

Cloud: Shade -Cool from Heat of Day
Fire: Protection & Warmth in Desert

**Matthew
4:1-11**

⁸ Again, the devil took Him to a very high mountain and showed Him all the kingdoms of the world and their glory.

⁹ And he said to Him, “All these I will give You, if You will fall down and worship me.”

¹⁰ Then Jesus said to him, “Be gone, Satan! For it is written, “You shall worship the Lord your God and Him only shall you serve.””

¹¹ Then the devil left Him, and behold, angels came and were ministering to Him.

Deuteronomy 6:13-14

Power
V. 8-11

13 It is the Lord your God you shall fear. Him you shall serve and by His name you shall swear.

14 You shall not go after other gods, the gods of the peoples who are around you.

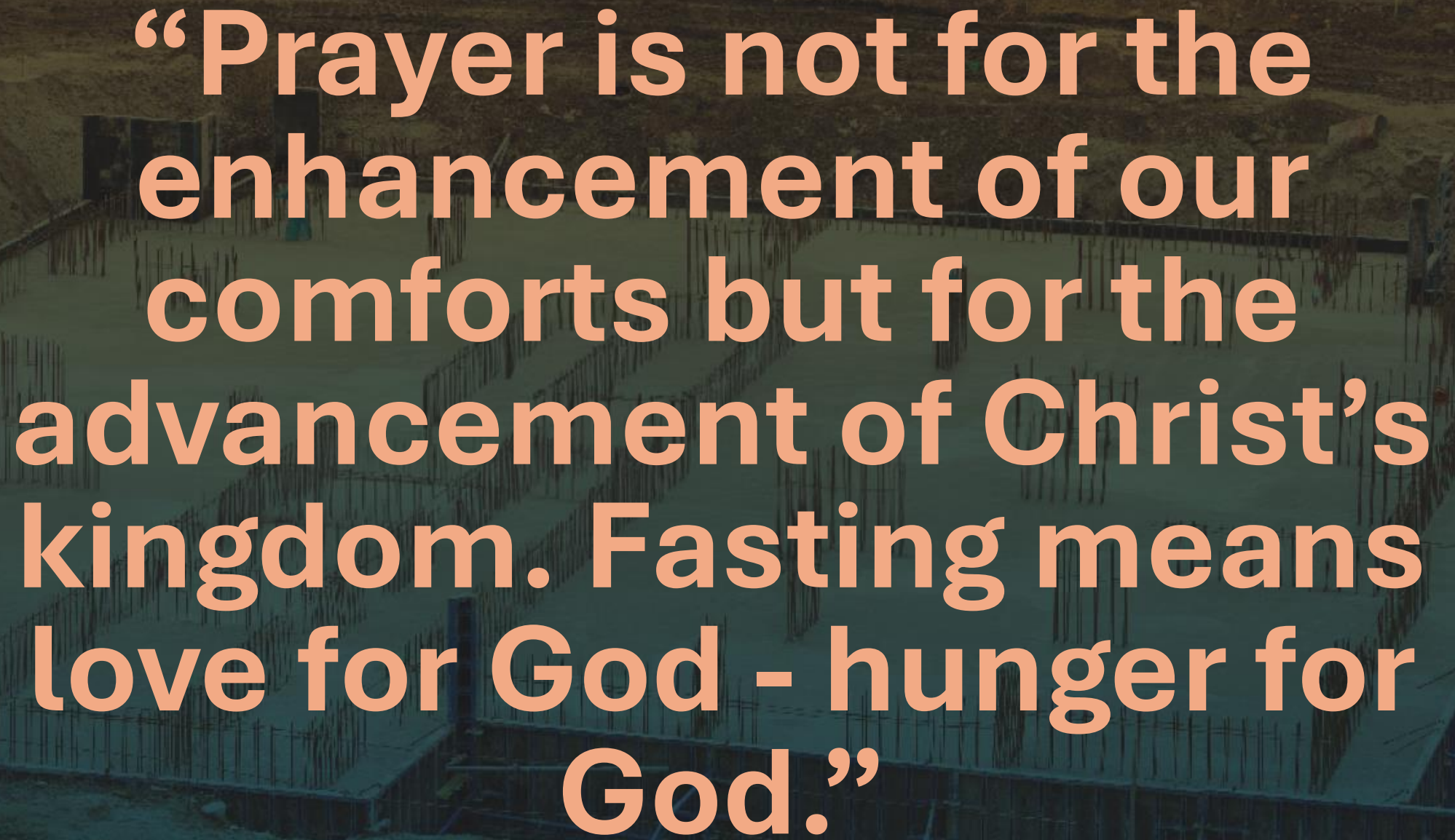
Focus on Only God – No Other “gods”

Greatest Temptation: Question Identity!

Matthew 3:17 “behold, a voice from heaven said, ‘This is my beloved Son, with whom I am well pleased.’”

John 1:12 But to all who did receive Him, who believed in His name, He gave the right to become children of God.

Romans 12:2 Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the Will of God, what is good and acceptable and perfect (*pleasing*)



“Prayer is not for the enhancement of our comforts but for the advancement of Christ’s kingdom. Fasting means love for God - hunger for God.”

- John Piper – “*Hunger for God*”