



Love God – Fasting

Matthew 6 : 16 - 18





“So whatever you eat or drink or whatever you do, do it all for the glory of God” **1 Corinthians 10: 31**

“God who richly provides us with everything for our enjoyment” **1 Timothy 6: 17**





“Their destiny is destruction, their god is their stomach and their glory is in their shame” Philippians 3:19

“gratifying the cravings of our sinful nature and following its desires & thoughts” Ephesians 2:3





Would we notice if we are spiritually hungry?

What are the symptoms to look out for?

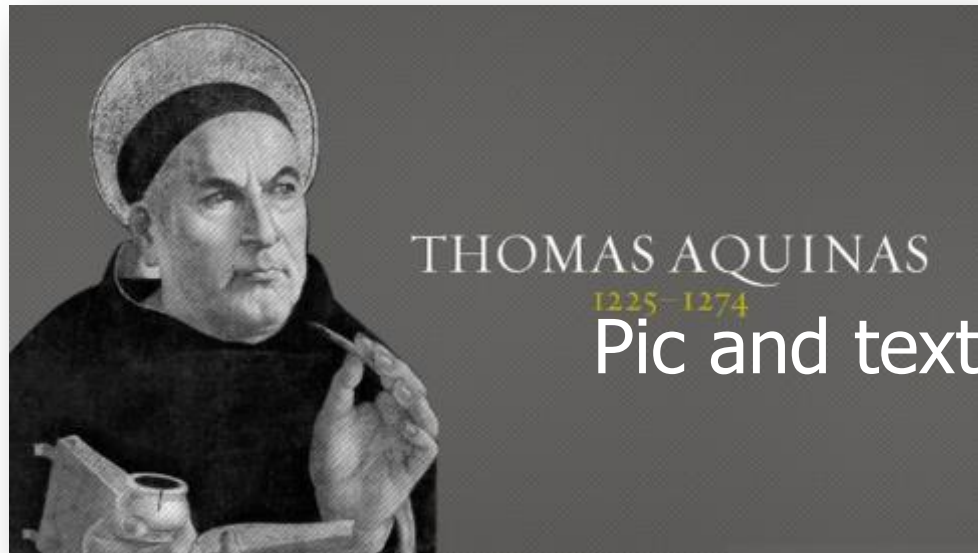


“Be careful not to do your **“acts of righteousness”** before men, to be seen by them. If you do, you will have no **reward** from your Father in heaven” **Matthew 6 : 1**

GIVING TO THE POOR
PRAYING
FASTING

“Do not store up for yourselves treasures on earth, where moth and rust destroy, and where thieves break in and steal. But store up for yourselves **treasures in heaven**, where moth and rust do not destroy, and where thieves do not break in and steal.” **Matthew 6 : 19 - 20**





"Our only hope is not more willpower;
it is for a **new set of habits**"



“When you fast, do not look sombre as the hypocrites do, for they disfigure their faces to show men they are fasting. I tell you the truth, they have received their reward in full.

But **when you fast,** put oil on your head and wash your face, so that it will not be obvious to me that you are fasting, but only to your Father, who is unseen; and **your Father, who sees what is done in secret, will reward you.”**

Matthew 6 : 16 - 18



Types of Fasting

Normal – no food but continuing to drink e.g. Jesus in the wilderness **Matthew 4**

Absolute - no food or drink e.g. national crisis **Ezra 10:6**

Partial - restricted diet e.g. dependence on God **Daniel 1:15**

either as individuals or community or nation



Reasons for Fasting in Old Testament

Mourn and repent

David after his act of adultery with Bathsheba 2 Sam 12:16

People of Ninevah Jonah 3

Humble ourselves

“I humbled my soul with fasting” Psalm 69:10

Seek God’s deliverance & protection

Fasting & prayer for safety & deliverance Ezra 8: 21-32

In a time of national crisis Esther 4: 15-17 & 5: 1-3

Seek a fresh outpouring of the Holy Spirit

Joel 1: 14ff & 2: 12-17



Reasons for Fasting in New Testament

Consecration setting apart for ministry

Jesus himself before he began his public ministry **Matthew 4 :1-11**

Before key decisions

Church in Antioch – setting apart Barnabus **Acts 13 :1-4**

Appointment of and commissioning of Church leaders **Acts 14: 23**

and through most of church history ever since



Sinful nature – our disordered desires looking for instant gratification in rebellion against God



Spirit – our deepest desires made in the image of God to follow Jesus & walk in his ways

Galatians 5: 16 - 18

Romans 8: 5 & 12 - 14



When we fast.....

- ✓ We starve the flesh & feed the Spirit
- ✓ Our whole body is praying & is brought back under control
- ✓ We deprive ourselves of food but feast on Jesus & on doing His will

“Blessed are those who hunger and thirst for righteousness, for they will be filled” Matthew 5 : 6





“Restrain from gluttony and thou shalt
the more easily restrain all the
inclinations of the flesh”



So what about us and fasting?



Further reading

God's Chosen Fast Arthur Wallis ISBN 978-0-87508-554-8

Fasting Derek Prince ISBN 978-1-78263-263-4

Celebration of Discipline Richard Foster ISBN 978-0-06062-833-8

Fasting a fresh look at an old discipline David Bolster & Anna de Lange ISBN 1-85174-514-9

Science of Fasting 2012 You Tube documentary
<https://www.youtube.com/watch?v=t1b08X-GvRs&t=729s>

TED talk on fasting and benefits to cognitive function
<https://www.youtube.com/watch?v=4UkZAwKoCP8>

