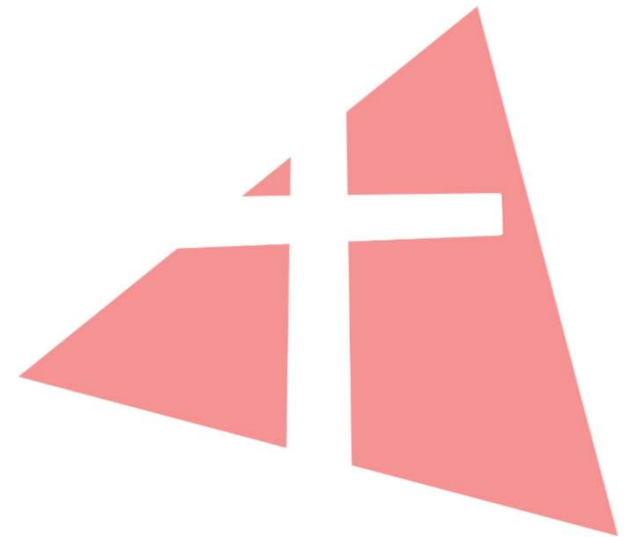


FASTING (PART 1)

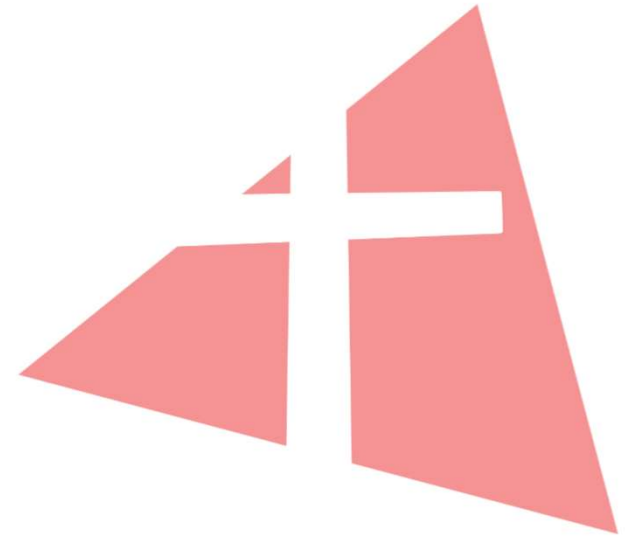
Verse by Verse series

February 24th 2019



FASTING

- Lent is a great season for fasting
- Most Christians do not see the purpose of fasting



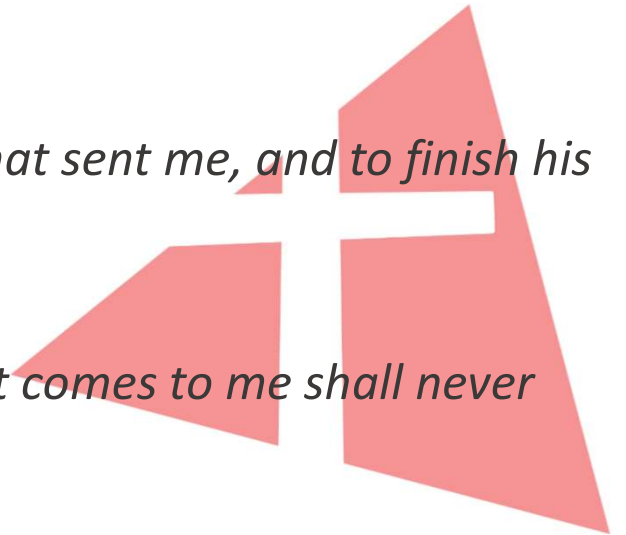
BIBLE

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 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.

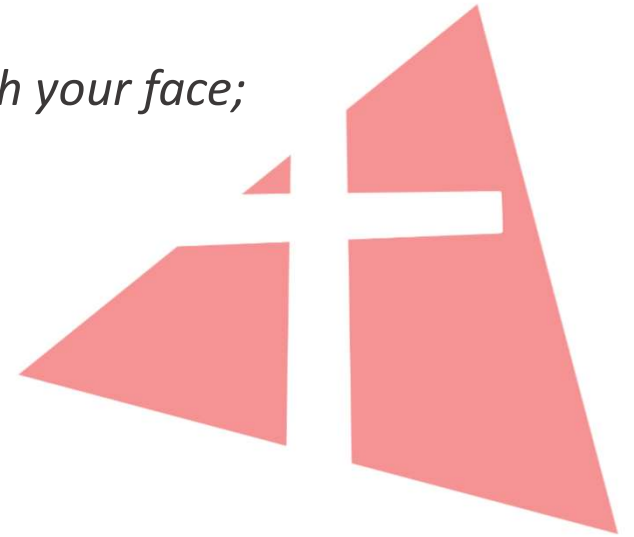
John 4:34 Jesus said unto them, My food is to do the will of him that sent me, and to finish his work.

John 6:35 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.



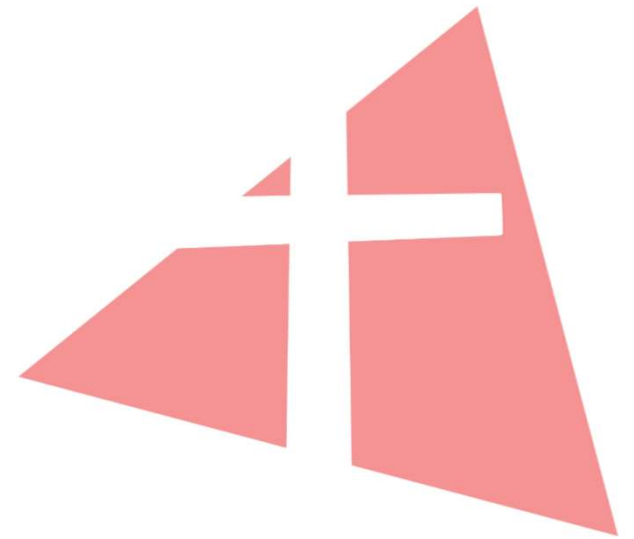
BIBLE

Matthew 6:17 But you, when you fast, anoint your head, and wash your face;



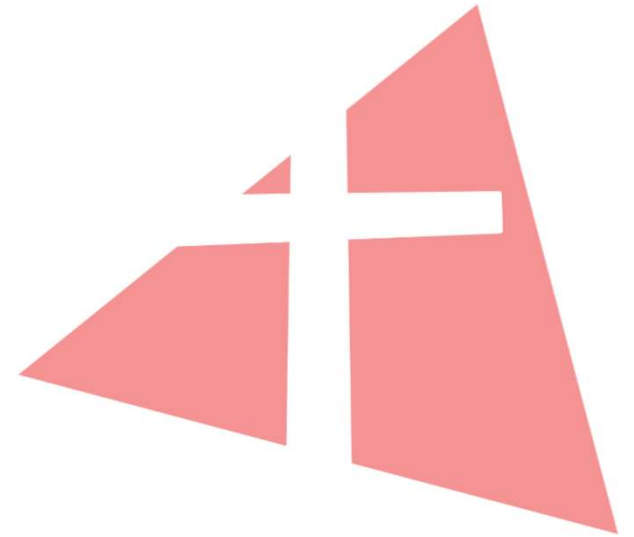
EXAMPLES FROM THE BIBLE

- Jesus
- Esther
- Daniel



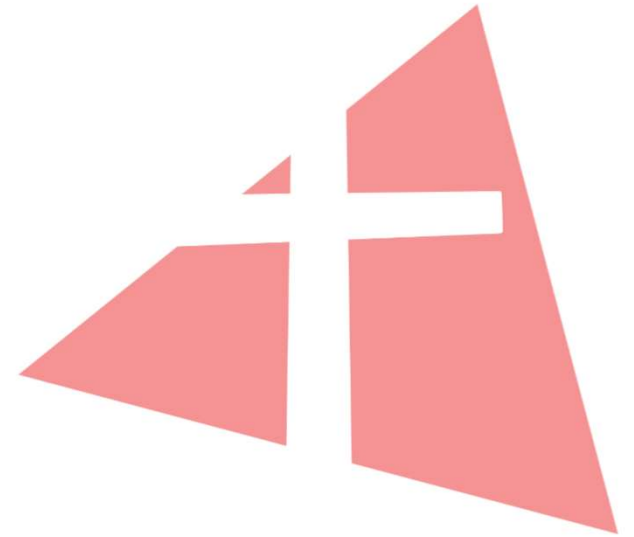
WHAT ARE THE EFFECTS OF FASTING?

- God expects our obedience even without any benefits for us



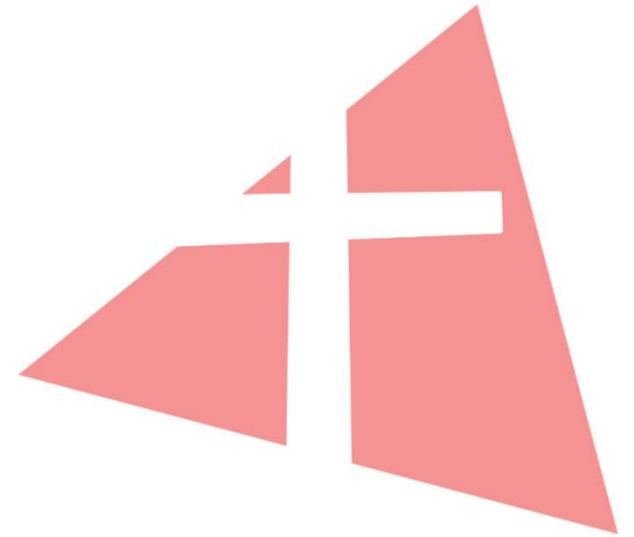
WHAT ARE THE EFFECTS OF FASTING?

- Higher spiritual sensitivity



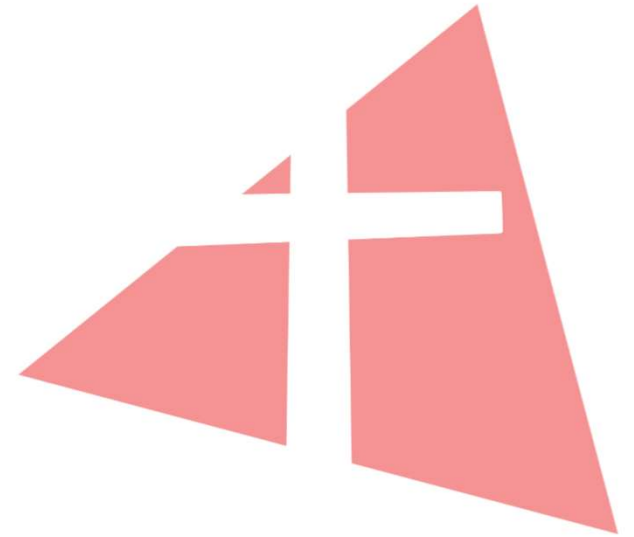
WHAT ARE THE EFFECTS OF FASTING?

- **Cleansing from sin**



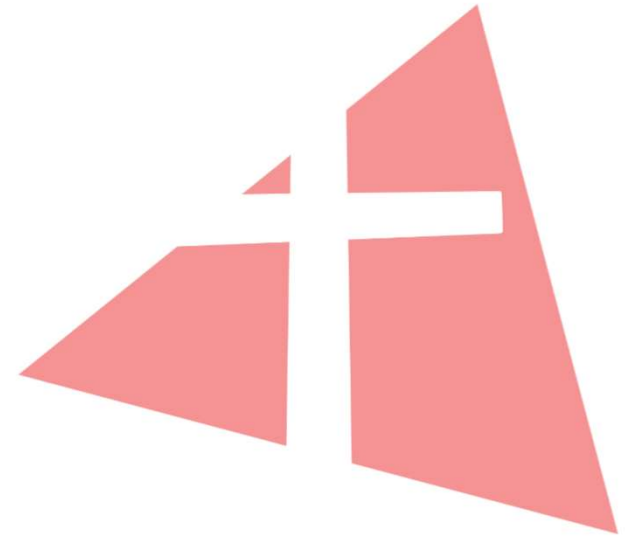
WHAT ARE THE EFFECTS OF FASTING?

- **Development of self control**
- **Higher dependence on God**



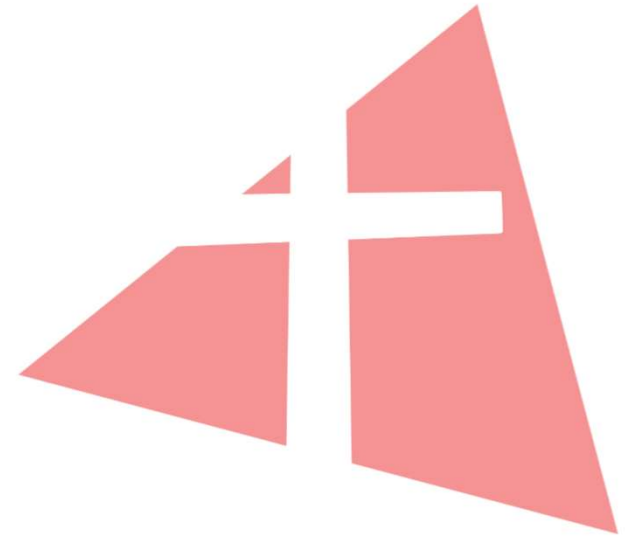
WHAT ARE THE EFFECTS OF FASTING?

- Overcoming dependence on worldly matters



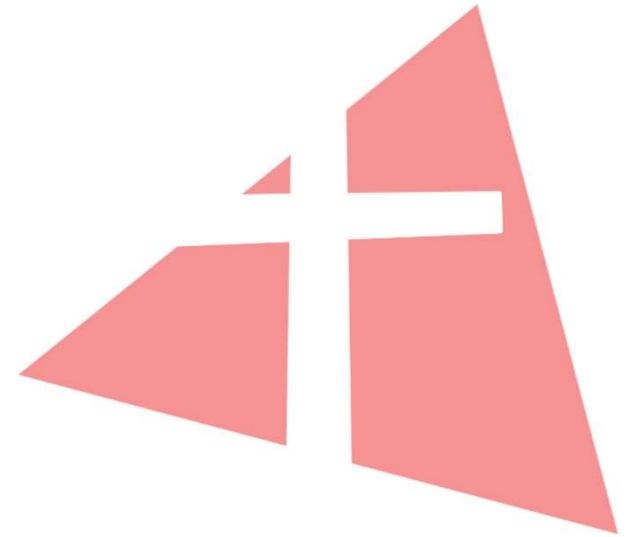
WHAT ARE THE EFFECTS OF FASTING?

- After a few days, we need less sleep



WHAT ARE THE EFFECTS OF FASTING?

- Done correctly, Fasting is healthy



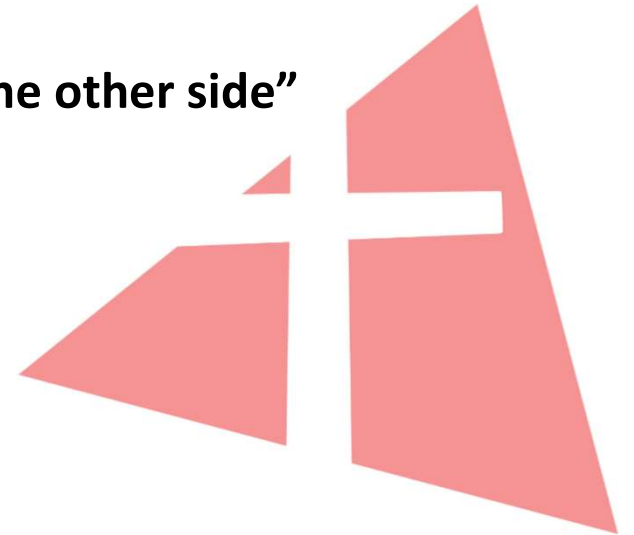
COMMON MYTH

- Fasting doesn't make our prayers more powerful
- Fasting makes us more spiritually sensitive to pray more effective prayers



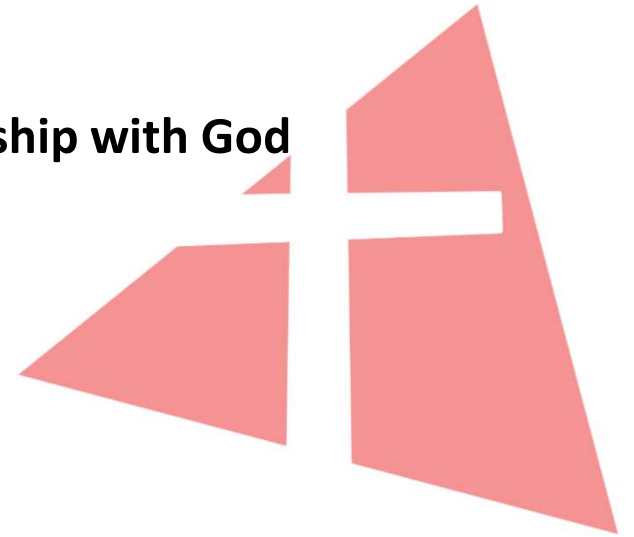
WHAT IS ALSO TRUE

- Higher spiritual sensitivity also makes us more receptive to “the other side”



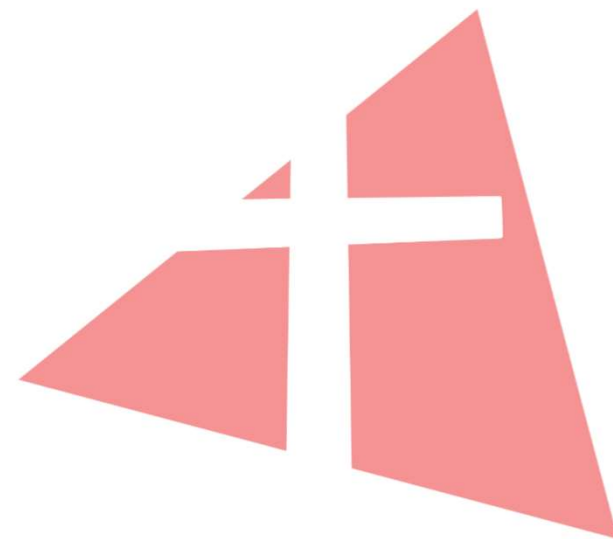
IN SUMMARY

- “Just eating less” is NOT the Biblical way of fasting
- Fasting has many effects that can help us deepen our relationship with God



NEXT TIME

- Practical ways of fasting



IN CONCLUSION

- Fasting requires self control and determination
- Fasting has great spiritual benefits

