



# PLUGGED IN



**GIVING**



**PRAYING**



**FASTING**



THE HEBREW WORD FOR FASTING  
LITERALLY MEANS TO **COVER YOUR**  
**MOUTH** (FROM THAT WE GET THE  
IDEA OF ABSTAINING FROM **FOOD**)

MATTHEW 6:16-18





**PLUGGED IN**



**FASTING**



**FASTING MUST BE DONE  
FOR A CHRIST-CENTERED  
BIBLICAL PURPOSE**





WHEN WE FAST, WE TEMPORARILY  
CHOOSE TO **DEPRIVE** OUR BODIES  
OF FOOD OR SOME OTHER **REGULAR**  
INGRAINED ROUTINE

MATTHEW 6:16-18





**STARK CONTRAST PRESENTED**  
**IN THIS PASSAGE: HOW THE**  
**HYPOCRITES FAST VS HOW**  
**FOLLOWERS OF CHRIST FAST**







**FASTING INTENSIFIES OUR  
UTTER **DEPENDANCE** UPON GOD  
(IT HUMBLER US)**





WHEN WE STRIP AWAY ALL  
THE **STUFF** WHICH CAN  
INTERFERE OR DEPRIVE ALONE  
TIME WITH GOD, GOD **WORKS** IN A  
DEEP INTIMATE WAY







**REMOVING ALL OF OUR CRUTCHES**

**ALLOWS GOD OUR ATTENTION TO**

**ADDRESS PINPOINTED HEART**

**LEVEL SIN ISSUES**

**PHILIPPIANS 3:17-21**





**IT IS GOOD FOR US TO  
INTENTIONALLY REFOCUS  
OUR APPETITES  
FASTING HELPS US TO SEE THINGS  
FROM GOD'S PERSPECTIVE**





**FASTING BRINGS US TO A  
PLACE WHERE WE ARE SO  
IN TUNE AND IN STEP WITH GOD  
THAT WE TRUST HIM  
EVEN IF WE DON'T SEE IT**





**I. POSITIVELY – FASTING IS A  
STATEMENT THAT SAYS “I LOVE GOD  
MORE THAN FOOD”**

**FASTING IS AN ACTION, WHICH  
ECHOES AN INTENSE DESIRE  
(TO CRAVE CHRIST)**





**II. NEGATIVELY – FASTING HELPS US  
TO EVALUATE WHAT ACTUALLY COMES  
OUT OF OUR HEARTS, WHEN WE'RE  
NOT MEDICATED BY FOOD  
DON'T NEGLECT THE SPIRITUAL  
DISCIPLINE OF FASTING**





**FOOD ISN'T THE ONLY OPTION FOR  
FASTING (INTENTIONALLY  
REMOVING ANY REGULAR ROUTINE  
IN ORDER TO DEVOTE MORE TIME  
TO PRAYER AND SCRIPTURE)**







PUT YOUR BODY UNDER  
SUBJECTION (USE THE  
**WEAKNESSES** OF YOUR BODY  
AND THE **LIMITS** WE ARE BOUND  
TO AS A WAY TO **GROW** YOU)

