

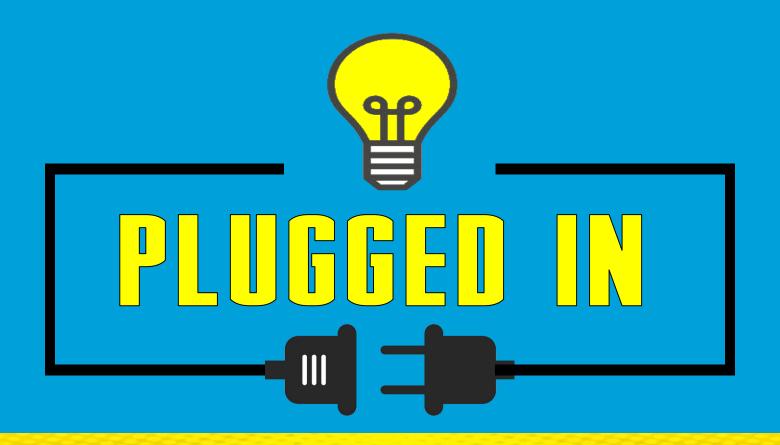








### THE HEBREU WORD FOR FRSTING LITERALLY MEANS TO COVER YOUR MOUTH (FROM THAT WE GET THE IDEA OF ABSTAINING FROM FOOD) MATTHEU 5:15-18



#### FASTING



## FRSTING 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 MATTHEU 5:15-18



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







# FRSTING INTENSIFIES OUR UTTER DEPENDANCE UPON GOD (IT HUMBLES 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 ROORESS PINPOINTED HEART LEVEL SIN ISSUES PHILIPPIANS 3:17-21



IT IS GOOD FOR US TO INTENTION REFOCUS OUR APPETITES FASTING HELPS US TO SEE THINGS FROM GOO'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



### L POSITIVELY - FRSTING IS R STRTEMENT THAT SAYS "I LOVE GOD MORE THIN 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 FRSTING





### 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 WERKNESSES OF YOUR BONY RND THE LIMITS WE RRE BOUND TO RS R WRY TO GROW YOU