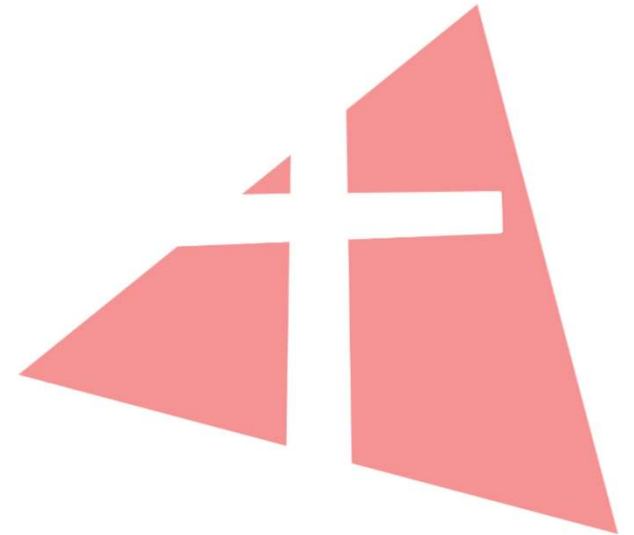


# **FASTING (PART 2)**

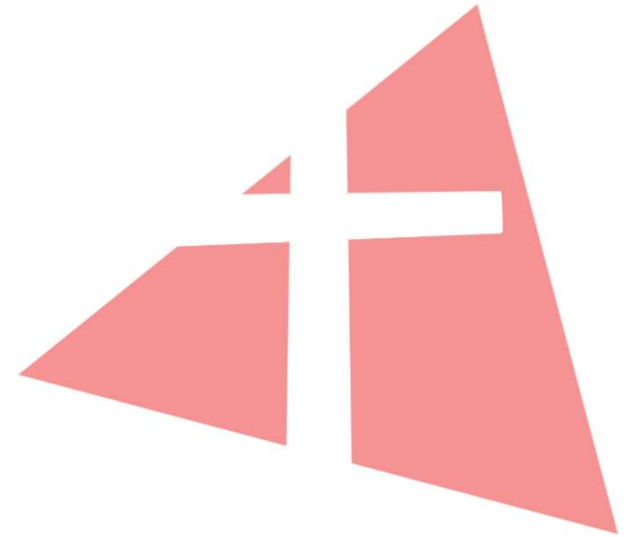
**Verse by Verse series**

**March 03<sup>rd</sup> 2019**



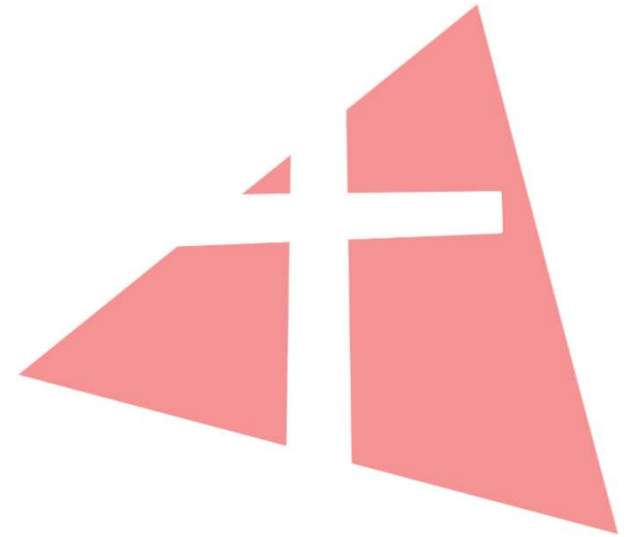
# LAST TIME

- **The Bible on Fasting**
  - Commandments
  - Examples
  - Benefits



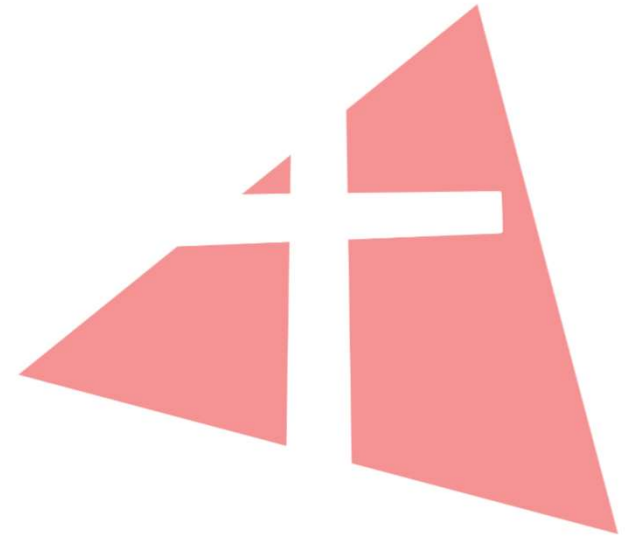
# TODAY

- Practical part



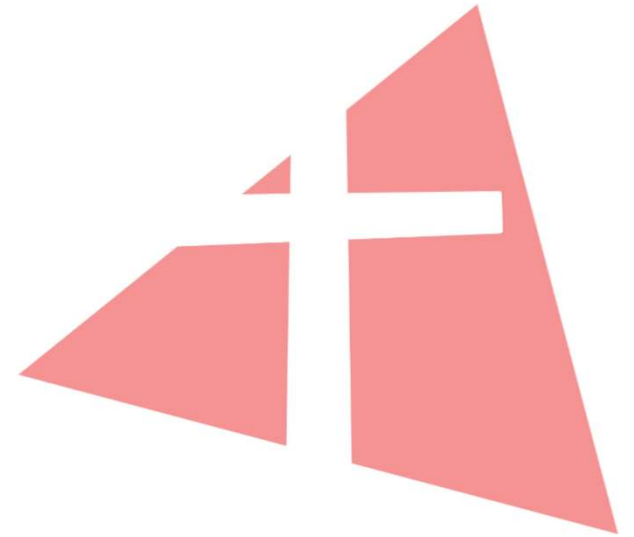
# THE BASICS

- **Fasting is very personal**
- **How we fast is also very personal**
- **Not everybody is called to do a “40 days water only fast”**
- **But everybody can do some form of a fast**



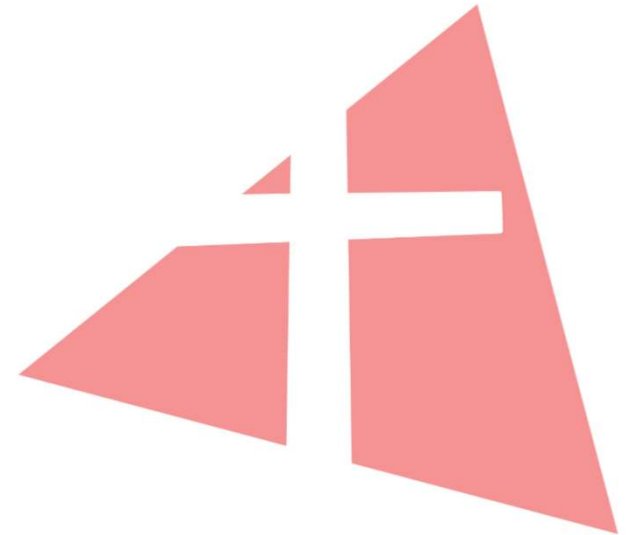
# THE BASICS

- **How much we fast is not a way to measure our spirituality**



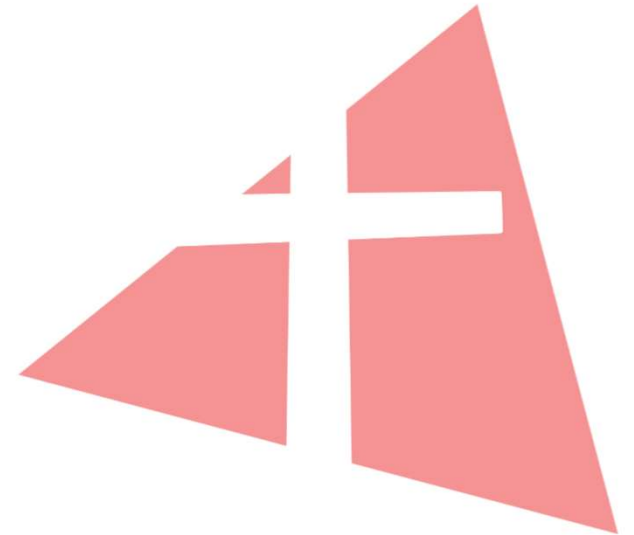
# BENEFITS OF FASTING

- Higher Spiritual sensitivity
- Cleansing from sin
- Development of self control
- Higher Dependence on God
- Overcoming dependence on worldly matters
- Needing less sleep/having more time



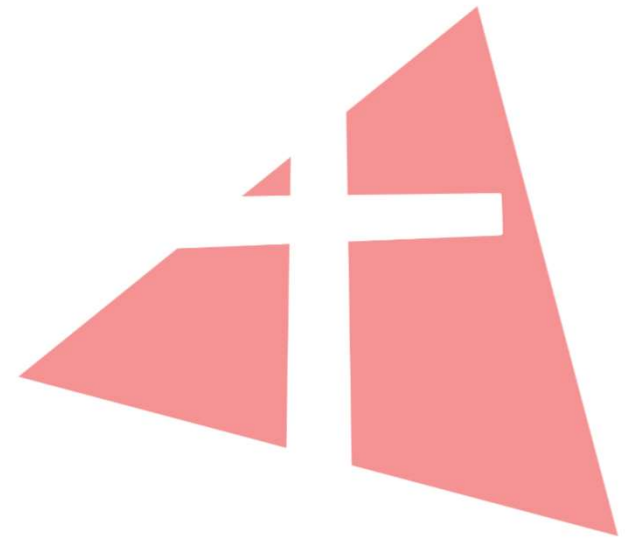
# GOOD SEASONS TO FAST

- **Seeking God's guidance**
- **Needing a breakthrough**
  - Be careful not to confuse a “breakthrough” with own will
- **Special times of the year**
  - New Year
  - Lent
  - ...



# LENT

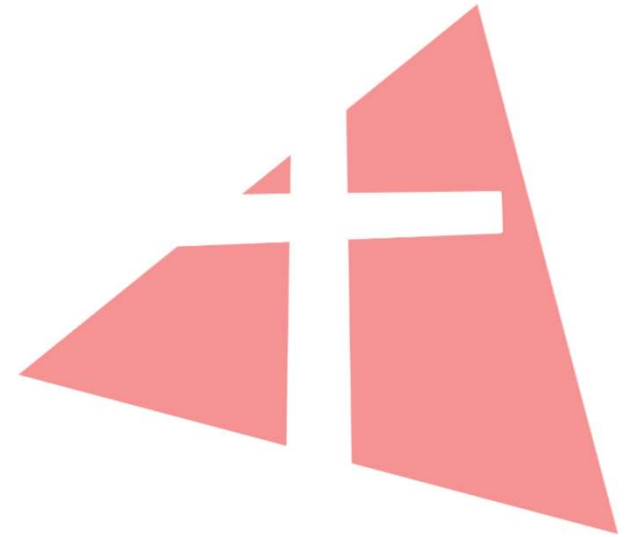
- 40 days leading up to Easter Sunday





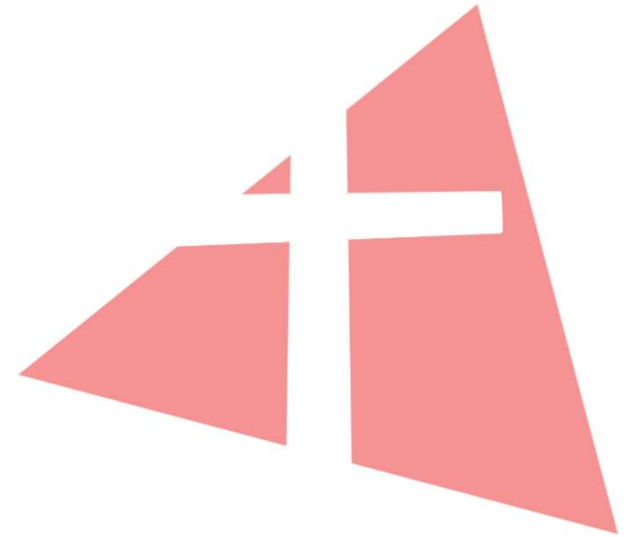
# BIBLICAL EXAMPLES

- **Water only**
  - Jesus' example
- **No intake at all**
  - Esther's example
- **Fruits and vegetables**
  - Daniel's example
- **Sexual fast**
  - Paul's commandment



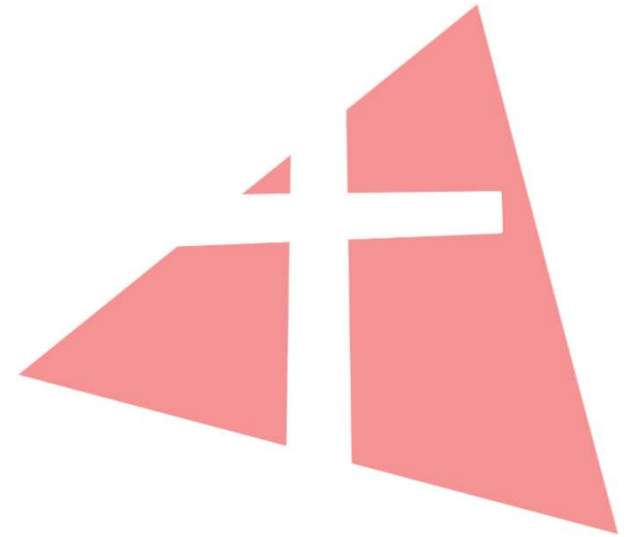
# COMMON PRACTICES

- **Liquid fast**
- **Only eating at certain times**



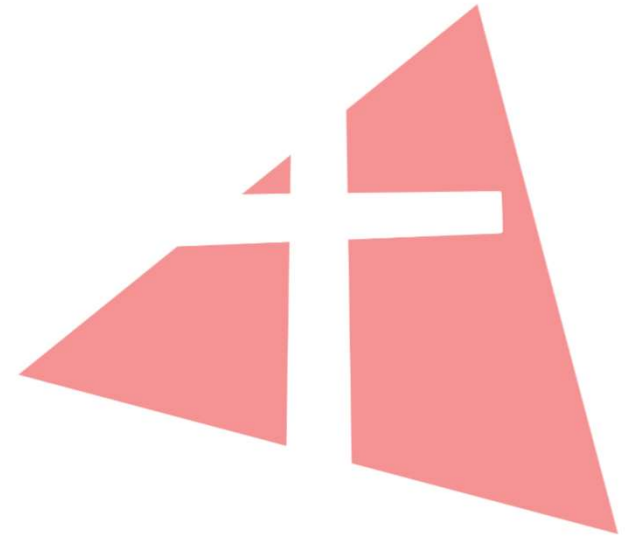
# WHAT ABOUT TV, SOCIAL MEDIA, ETC?

- These are also good things to do and bring glory to God
- But they cannot replace a “food fast”



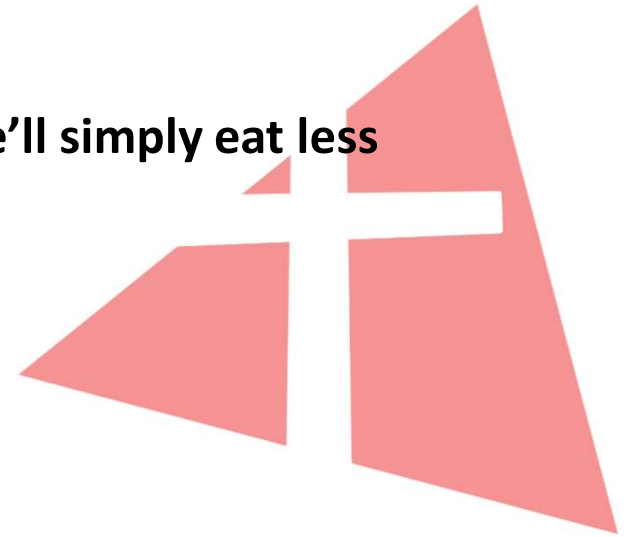
# AN IMPORTANT DETAIL

- Fasting needs to be God guided



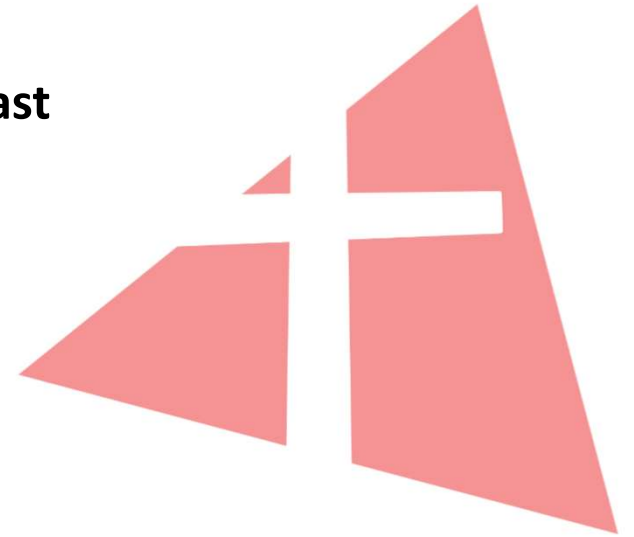
# PLANNING A FAST

- **Make schedules plans as well as eating plans**
- **If we don't set aside time for God from the very beginning, we'll simply eat less**



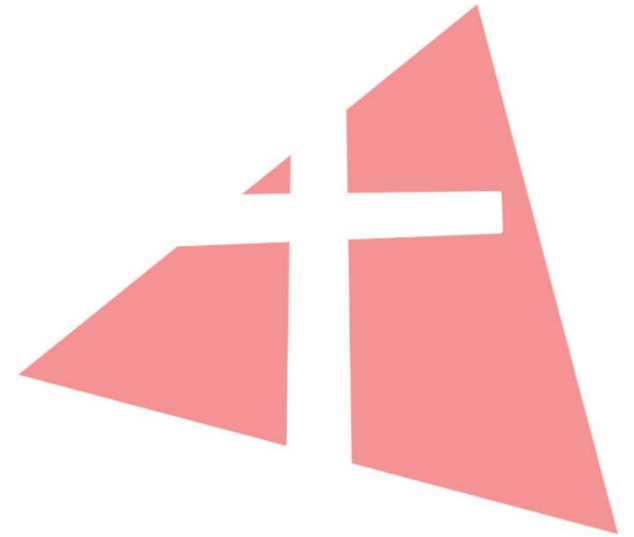
# HOW LONG SHOULD I FAST?

- **Total fast: Maximum 3 days**
- **Other types of fast: As long as you feel God is leading you to fast**
  - It's easier to sustain our fast when we have a fixed end date



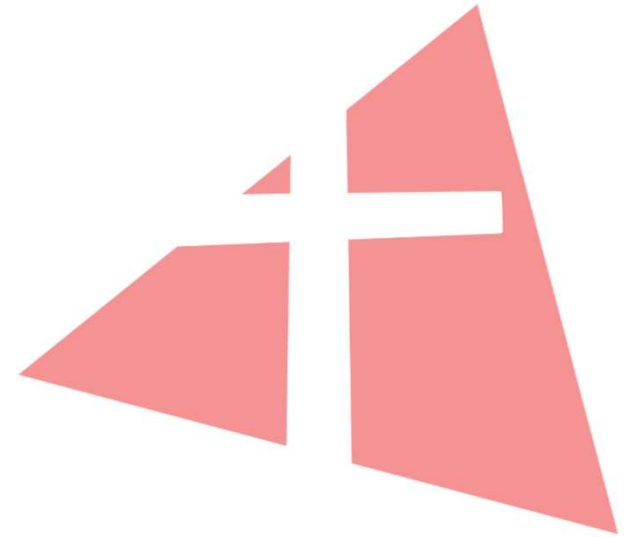
# FASTING TOGETHER

- **Hold each other accountable**
- **Pray for each other**



# DURING THE FAST

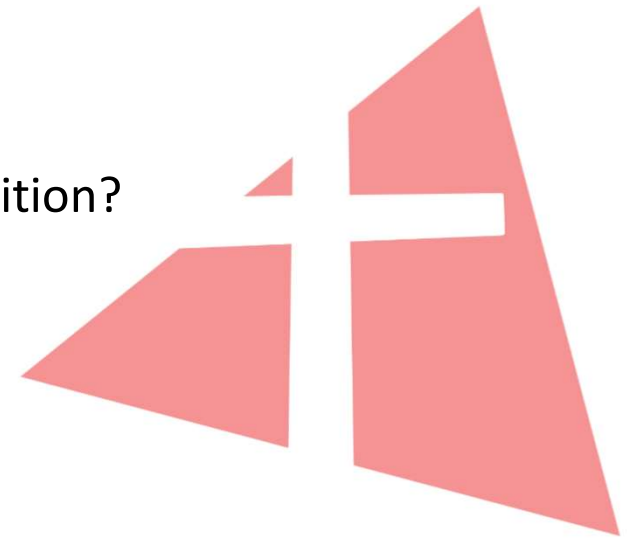
- **Fasting is not about “not eating”**
- **Focus on the purposes of fasting during your fast**
  - Focus on your relationship with God
  - Use additional time you have to spend it with God
  - ...





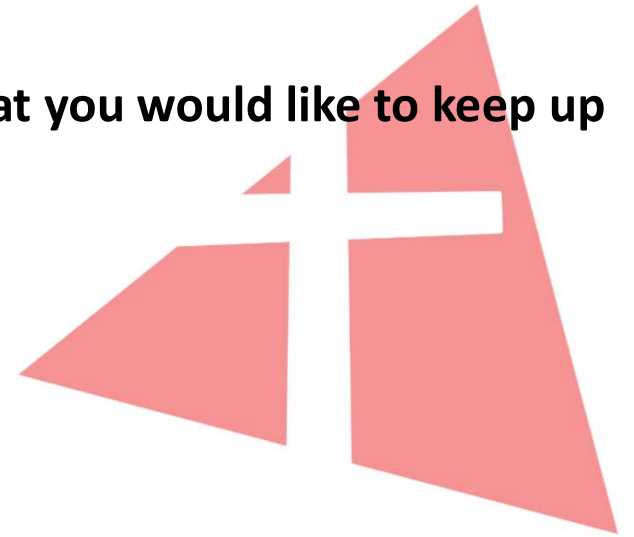
# DURING THE FAST

- **What if I can't keep it up?**
  - What if I get invited to a wedding?
  - What if I simply can't keep it up physically?
  - What if my work/studies suffer because of my physical condition?



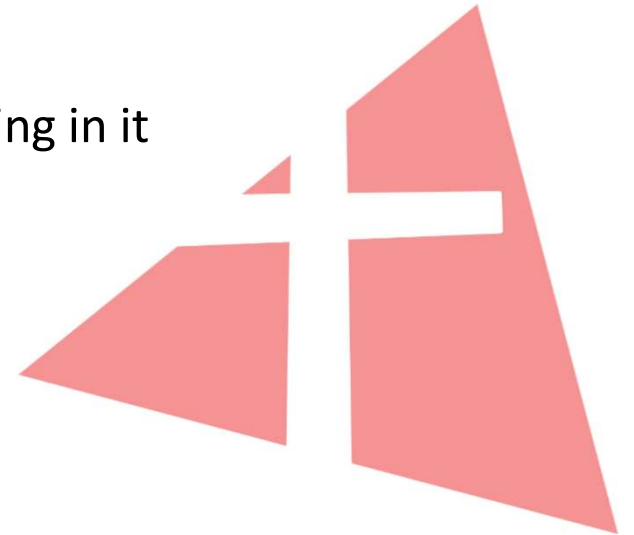
# BEFORE YOU END YOUR FAST

- **Take some time for reflection**
- **Check if there is anything you experienced during your fast that you would like to keep up long term**



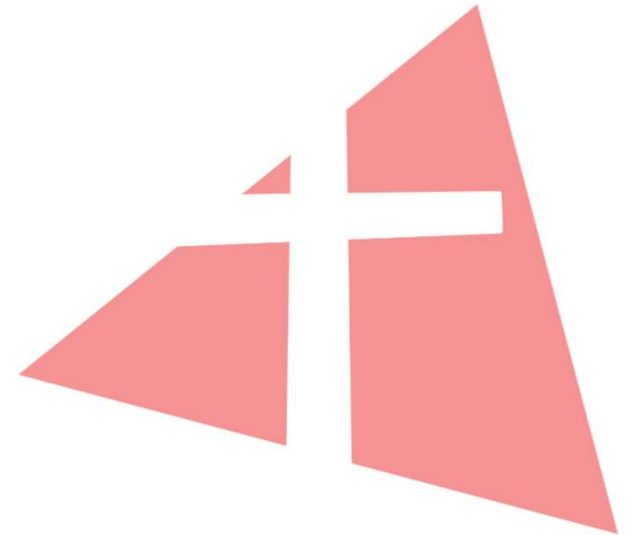
# AFTER THE FAST

- **Don't go back to your normal eating habits immediately**
  - Getting off a fast sometimes takes more discipline than staying in it



# OUR ENCOURAGEMENT

- **We would like to encourage everyone to do some form of fasting during the season of lent**
  - Official start: March 06<sup>th</sup>
  - 40 days to Easter: March 12<sup>th</sup>
  - Last Day: April 20<sup>th</sup>
  - Easter Sunday: April 21<sup>st</sup>



# *Communion*

Remembering His sacrifice.

