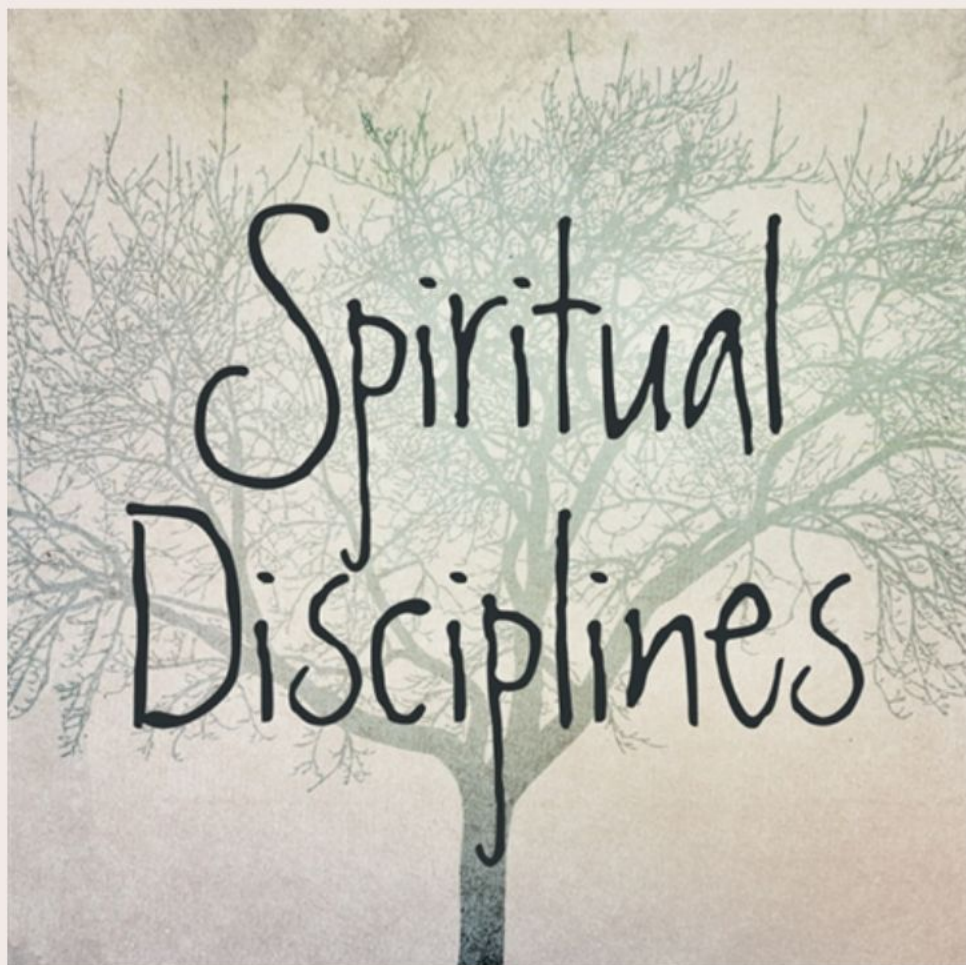




FASTING



DON WHITNEY

" ... the goal of practising
any given discipline is not
about doing as much as
it is about being:
being like Jesus,
being with Jesus."



*Abstaining from
food for spiritual
reasons*



16 'When you fast, do not look sombre as the hypocrites do, for they disfigure their faces to show others they are fasting. Truly I tell you, they have received their reward in full. 17 But when you fast, put oil on your head and wash your face, 18 so that it will not be obvious to others 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

DO NOT BE LIKE THE HYPOCRITES



LUKE 18:12

I fast twice a week ...

DIDACHE

Let not your fasts be with the hypocrites, for they fast on Mondays and Thursdays, but do your fast on Wednesdays and Fridays.



14 Then John's disciples came and asked him, 'How is it that we and the Pharisees fast often, but your disciples do not fast?'
15 Jesus answered, 'How can the guests of the bridegroom mourn while he is with them? The time will come when the bridegroom will be taken from them; then they will fast.'

Matthew 9



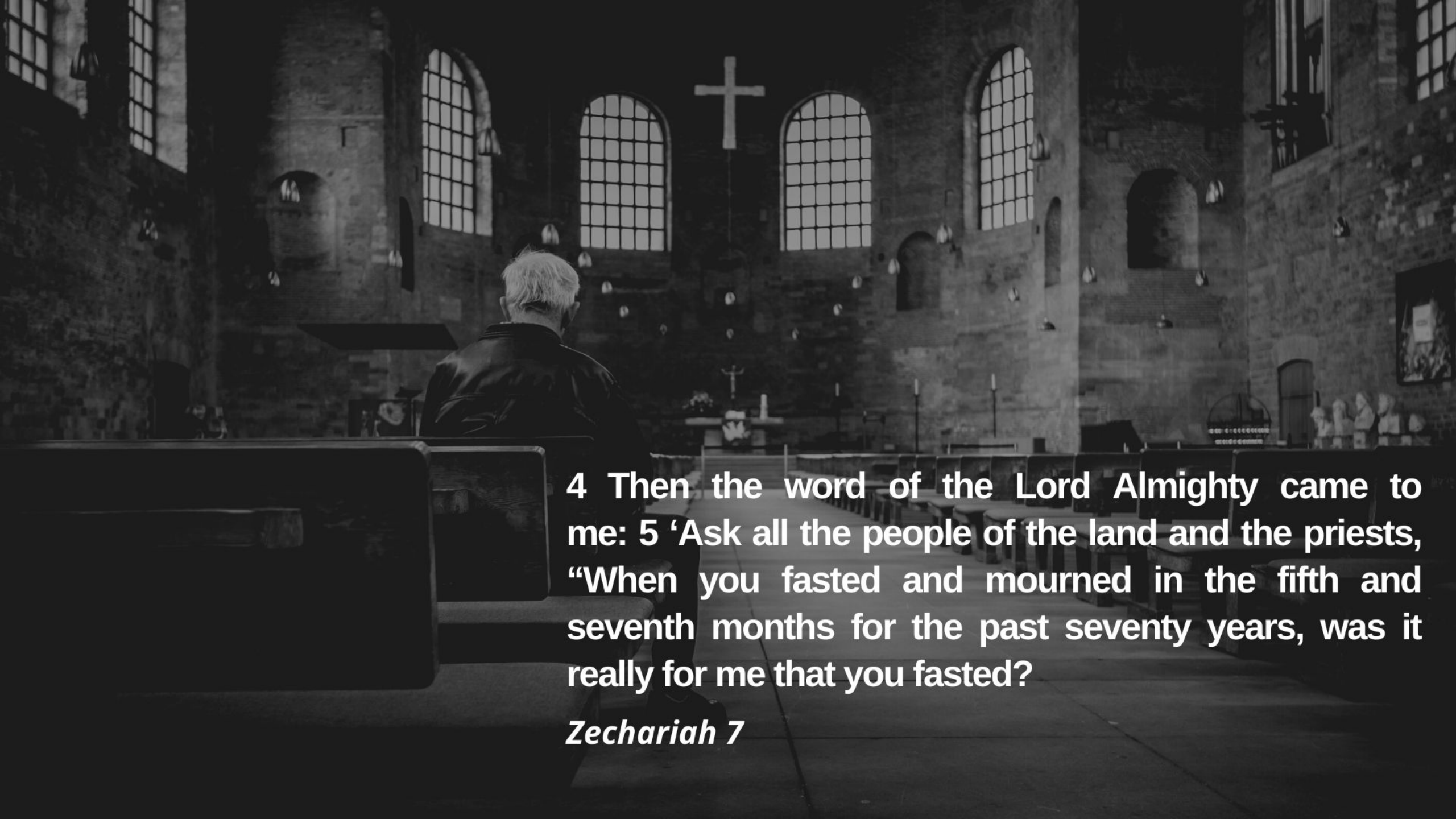
Richard J Foster

In the coming of Jesus, a new day had dawned. The kingdom of God had come among them in present power. The Bridegroom was in their midst; it was a time for feasting, not fasting. There would, however, come a time for his disciples to fast (when the Bridegroom is taken away) although not in the legalism of the old order.



Arthur Wallis

We are, therefore, compelled to refer the days of His absence to the period of this age, from the time He ascended to the Father until He shall return from heaven. This is evidently how His apostles understood Him, for it was not until after His ascension to the Father that we read of them fasting (Acts 13:2-3) ... It is this age of the Church to which our Master referred when He said, "Then they will fast." The time is now!



4 Then the word of the Lord Almighty came to me: 5 'Ask all the people of the land and the priests, "When you fasted and mourned in the fifth and seventh months for the past seventy years, was it really for me that you fasted?"

Zechariah 7

JOHN PIPER

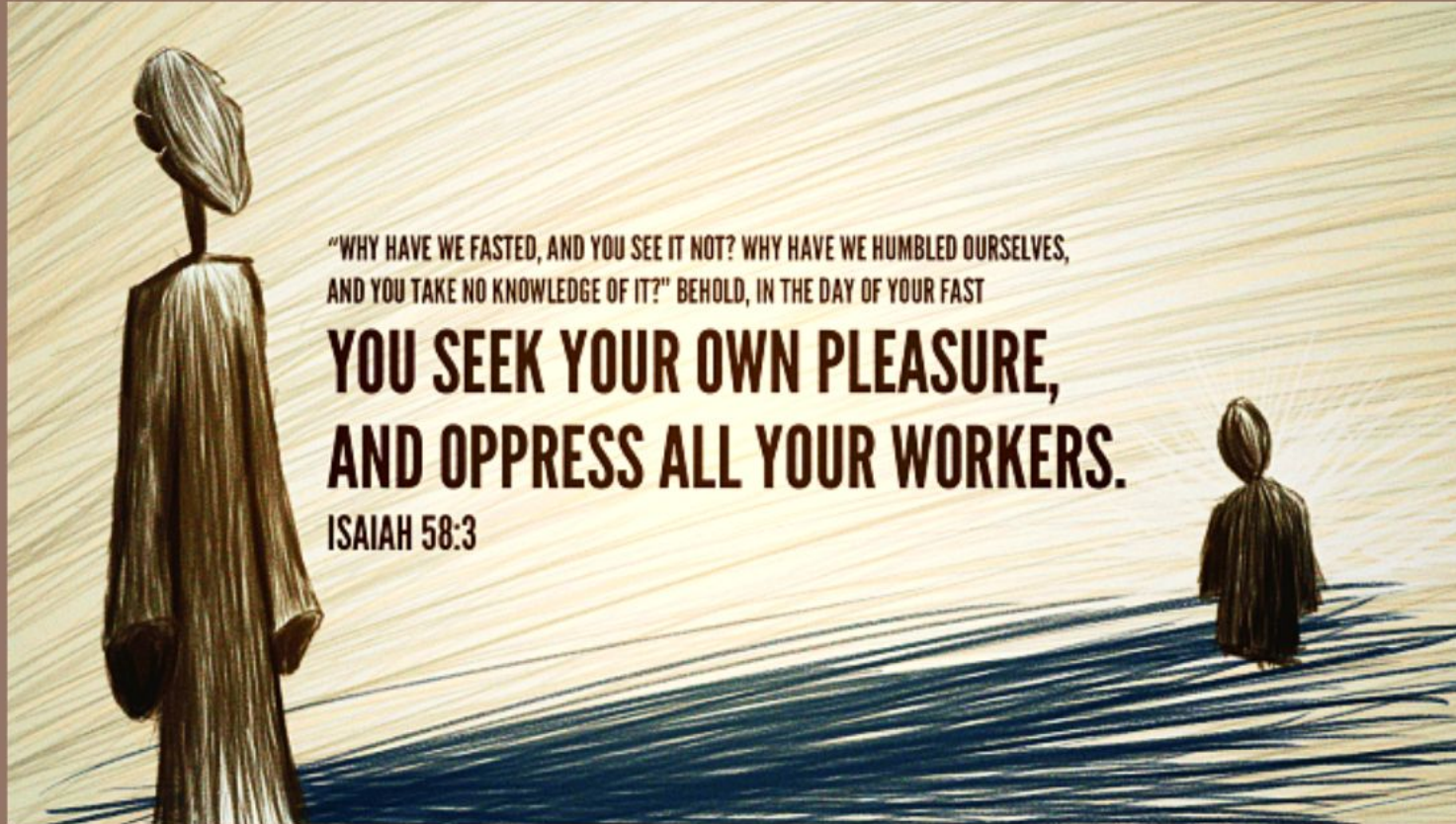


I believe that if we seek the Lord with the hunger of fasting, there will be many more breakthroughs that we long for. Is there something that you have been praying for a long time for? Is there an unbeliever that you would like God to awaken to spiritual things? Is there a broken relationship you would like God to reconcile? Is there a perplexity of direction on the horizon of your life? I believe that God is calling us to rediscover the place of fasting in appropriating his power.



REVELATION

More than any other Discipline, fasting reveals the things that control us. This is a wonderful benefit to the true disciple who longs to be transformed into the image of Jesus Christ. We cover up what is inside us with food and other good things, but in fasting these things surface. If pride controls us, it will be revealed almost immediately. David writes, "I humbled my soul with fasting." (Psalm 69:10).



"WHY HAVE WE FASTED, AND YOU SEE IT NOT? WHY HAVE WE HUMBLD OURSELVES,
AND YOU TAKE NO KNOWLEDGE OF IT?" BEHOLD, IN THE DAY OF YOUR FAST

**YOU SEEK YOUR OWN PLEASURE,
AND OPPRESS ALL YOUR WORKERS.**

ISAIAH 58:3

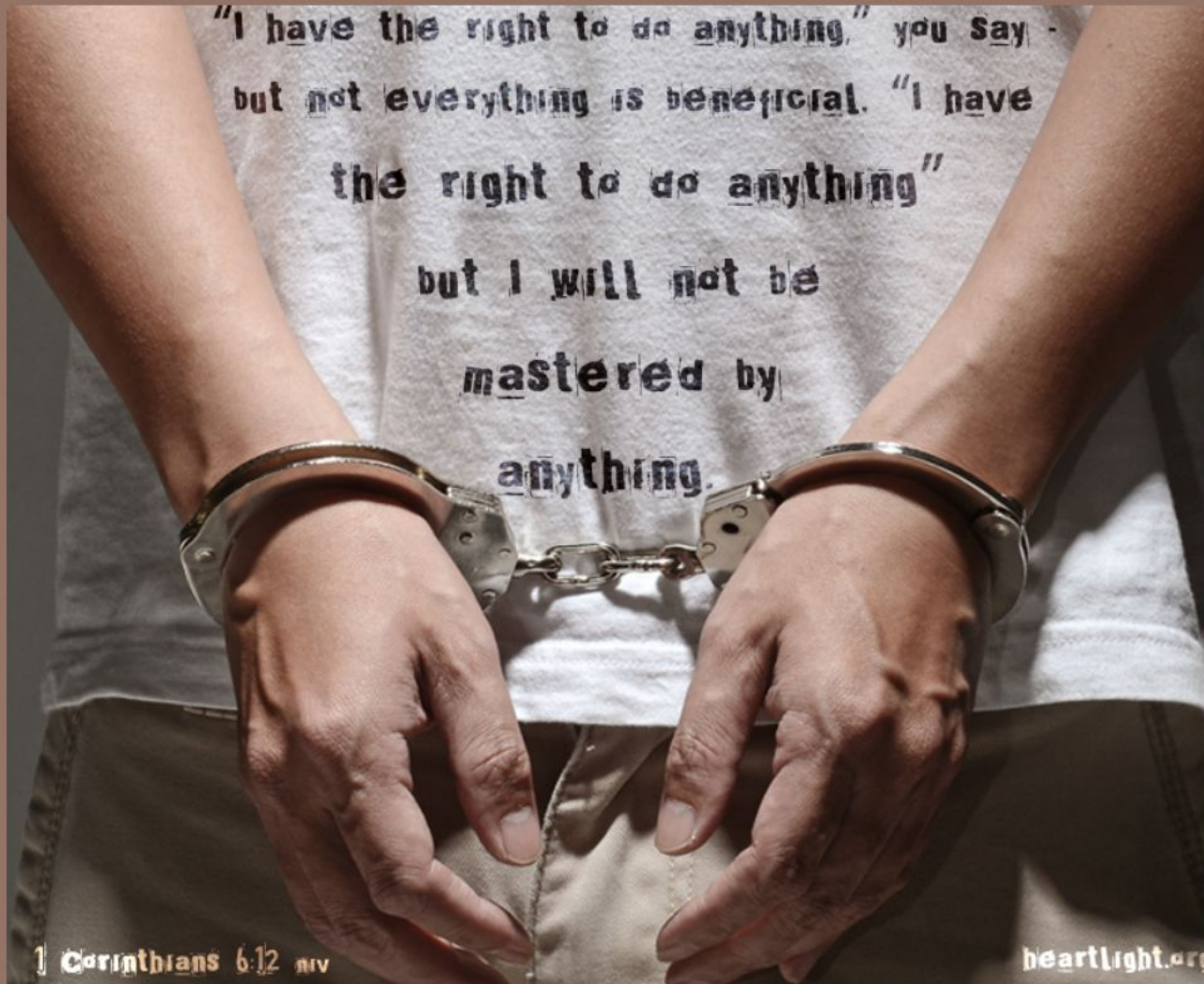
4 Your
fasting ends in
quarrelling and
strife, and
in striking each
other with
wicked fists.

Isaiah 58

cravings & desires



Our human cravings and desires are like rivers that tend to overflow their banks.
How quickly we crave things until we are enslaved by them.



27 No, I strike a
blow to my body
and make it my
slave ...

1 Corinthians 9

REMINDER

Food does not sustain us;
God does!

**Man shall not live by bread alone,
but by every word that proceeds
out of the mouth of God
(Matthew 4:4)**



JESUS' FOOD



JOHN 4

32 But he said to them, 'I have food to eat that you know nothing about.' 33 Then his disciples said to each other, 'Could someone have brought him food?' 34 'My food,' said Jesus, 'is to do the will of him who sent me and to finish his work.'



Fasting Is
feasting

A Lenten Prayer

Fast from judging others;
feast on Christ living in them.

Fast from emphasis on differences;
feast on the unity of all life.

Fast from apparent darkness;
feast on the reality of light.

Fast from thoughts of illness;
feast on the healing power of God.

Fast from words that pollute;
feast on phrases that purify.

Fast from discontent; feast on gratitude.

Fast from anger; feast on patience.

Fast from pessimism; feast on optimism.



A Lenten Prayer

Fast from worry; feast on divine order.

Fast from complaining;
feast on appreciation.

Fast from negatives; feast on affirmatives.

Fast from unrelenting pressures;
feast on unceasing prayer.

Fast from hostility; feast on non-resistance.

Fast from bitterness; feast on forgiveness.

Fast from self-concern;
feast on compassion for others.

Fast from personal anxiety;
feast on eternal hope through Jesus.



A Lenten Prayer

Fast from discouragement; feast on hope.

Fast from lethargy; feast on enthusiasm.

Fast from suspicions; feast on truth.

Fast from idle gossip;

feast on purposeful silence.

Fast from thoughts of weakness;

feast on promises that inspire.

Fast from problems that overwhelm;

feast on prayer that undergirds.

Fast from everything that separates us

from the Lord; feast on everything that

draws us to the Lord.



The Practice of Fasting



PARTIAL FAST

Daniel 10:3

NORMAL FAST

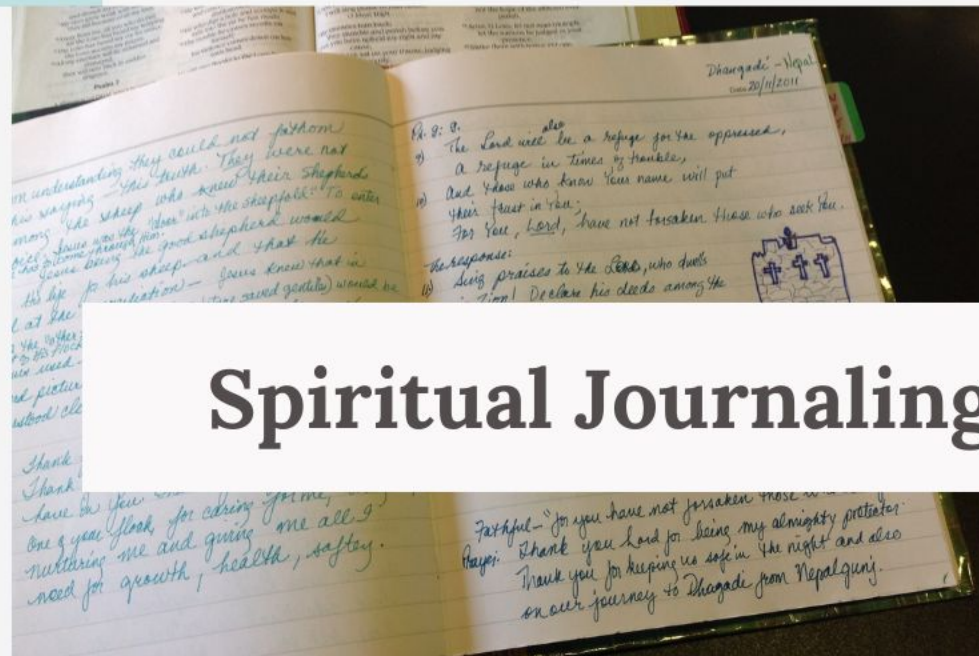
Nehemiah 1:4

ABSOLUTE FAST

Esther 4:16

Fasting, if we conceive of it truly, must not . . . be confined to the question of food and drink; fasting should really be made to include abstinence from anything which is legitimate in and of itself for the sake of some special spiritual purpose. There are many bodily functions which are right and normal and perfectly legitimate, but which for special peculiar reasons in certain circumstances should be controlled. That is fasting.





Spiritual Journaling

Outwardly you will be performing the regular duties of your day, but inwardly you will be in prayer and adoration, song and worship. In a new way, cause every task of the day to be a sacred ministry to the Lord. However mundane your duties, for you they are a sacrament.

(Richard J Foster)

God's Chosen Fast

**SHARE YOUR FOOD
WITH THE HUNGRY
PROVIDE THE
POOR WANDERER
WITH SHELTER
WHEN YOU SEE
THE NAKED CLOTHE THEM**

- ISAIAH 58:7

WORSHIP
ALL DAYS



FAST & PRAY




4 DAYS

FAST &
PRAYER

7.8-15.9.2020

*Hearing The Holy Spirit for The Times
We Live In (Revelation 2-3)*

NECF
MALAYSIA



8 Then your light will break forth like the dawn, and your healing will quickly appear; then your righteousness will go before you, and the glory of the LORD will be your rear guard. 9 Then you will call, and the LORD will answer; you will cry for help, and he will say: here am I. 'If you do away with the yoke of oppression, with the pointing finger and malicious talk, 10 and if you spend yourselves on behalf of the hungry and satisfy the needs of the oppressed, then your light will rise in the darkness, and your night will become like the noonday. 11 The LORD will guide you always; he will satisfy your needs in a sun-scorched land and will strengthen your frame. You will be like a well-watered garden, like a spring whose waters never fail. 12 Your people will rebuild the ancient ruins and will raise up the age-old foundations; you will be called Repairer of Broken Walls, Restorer of Streets with Dwellings.

(Isaiah 58)