

A wooden head silhouette is shown on a dark wood background. Inside the head, several gears of various sizes and colors (brass, steel) are visible. A magnifying glass with a brass frame and handle is positioned over the head, focusing on a large brass gear. The text 'Do we really want to be wise?' is overlaid on the right side of the image.

Do we

really

want to be

wise?

Fasting

Then the Lord God formed a man from the dust of the ground and breathed into his nostrils the breath of life, and the man became a living being.

Genesis 2.7 (NIV11)

Genesis 3.1-7 (NIV11)

Now the serpent was more crafty than any of the wild animals the Lord God had made. He said to the woman, “Did God really say, ‘You must not eat from any tree in the garden’?”

The woman said to the serpent, “We may eat fruit from the trees in the garden, but God did say, ‘You must not eat fruit from the tree that is in the middle of the garden, and you must not touch it, or you will die.’”

“You will not certainly die,” the serpent said to the woman. “For God knows that when you eat from it your eyes will be opened, and you will be like God, knowing good and evil.”

When the woman saw that the fruit of the tree was good for food and pleasing to the eye, and also desirable for gaining wisdom, she took some and ate it. She also gave some to her husband, who was with her, and he ate it. Then the eyes of both of them were opened.....

Matthew 4.1-4 (NIV11)

Then Jesus was led by the Spirit into the wilderness to be tempted by the devil. After fasting forty days and forty nights, he was hungry.

The tempter came to him and said, “If you are the Son of God, tell these stones to become bread.”

Jesus answered, “It is written: ‘Man shall not live on bread alone, but on every word that comes from the mouth of God.’”

Matthew 6.16-18 (NIV11)

“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.

But when you fast, put oil on your head and wash your face, 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.”

“The man who never fasts is no more in the way to heaven than the man who never prays.” John Wesley

Fasting is not abstaining from...
Fasting is not a restrictive eating plan
Fasting is not dieting

Fasting is going without food in order to feed on the Holy Spirit

When we fast we starve the
'flesh' and feed our spirit

Because we're such a mixed bag of desires, freedom isn't the ability to do whatever we want – that's slavery

True freedom is the ability to live in and by the Holy Spirit and want what the Holy Spirit wants

To know the right thing, to want the right thing, to do the right thing – that's freedom

Jesus said to his disciples, “Whoever wants to be my disciple must deny themselves and take up their cross and follow me.” Matthew 16.24 (NIV11)

“This discipline teaches us a lot about ourselves very quickly. It will certainly prove humiliating to us, as it reveals to us how much our peace depends on the pleasures of eating.... It will certainly demonstrate how powerful and clever our body is in getting its own way against our strongest resolves.” Dallas Willard

Fasting – feeding on the Holy Spirit and drawing energy from Holy Spirit power. We have access to power beyond us through abiding in him

Jesus invites us, if we want more freedom and less slavery, more Spirit and less flesh, more holiness and less unholiness, to follow him into this, and into the life giving freedom of his rule and reign