

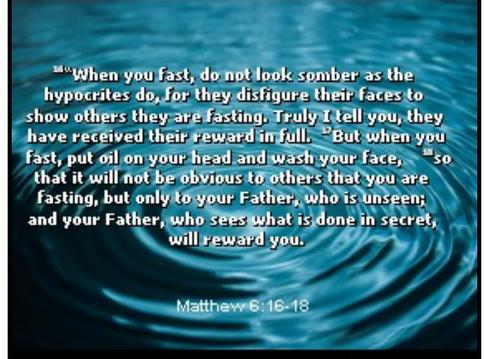
1. JGS Series 2 Seek F 1. page 01



2. Faces of Fasting 1. page 01



3. Matthew 6:16-18 (1. Matthew 6:16-18)



16“When you fast, do not look somber 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. 17But when you fast, put oil on your

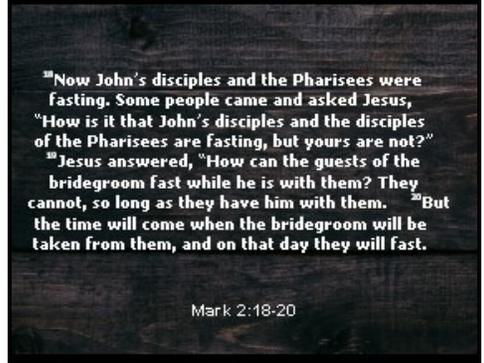
4. Praying Baby 1. page 01



5. William Shatner ov 1. page 01

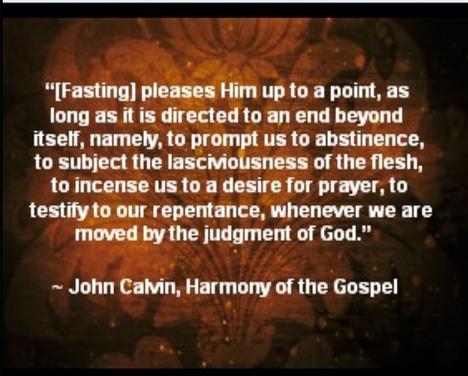


6. Mark 2:18-20 (NIV) 1. Mark 2:18-20



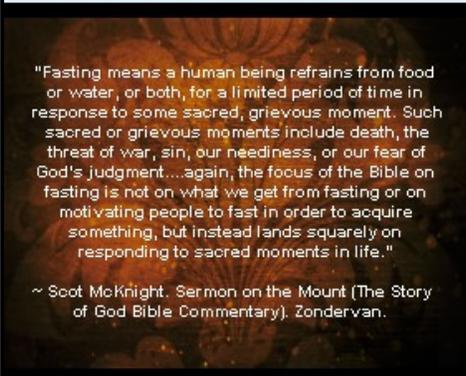
18Now John's disciples and the Pharisees were fasting. Some people came and asked Jesus, "How is it that John's disciples and the disciples of the Pharisees are fasting, but yours are not?" 19Jesus answered, "How can the guests of the bridegroom fast while he is with them? They cannot, so long as they have him with them. 20But the time will come when the bridegroom will be taken from them, and on that day they will fast.

7. "[Fasting] pleases F 1. Page 1



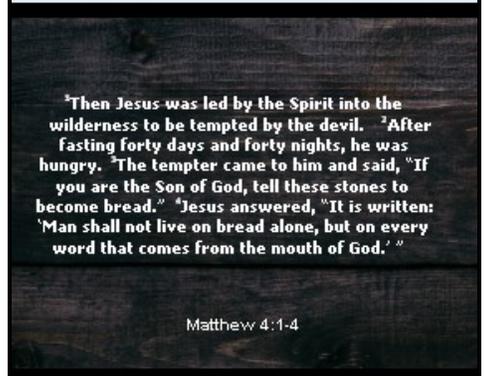
"[Fasting] pleases Him up to a point, as long as it is directed to an end beyond itself, namely, to prompt us to abstinence, to subject the lasciviousness of the flesh, to incense us to a desire for prayer, to testify

8. "Fasting means a h 1. Page 1



"Fasting means a human being refrains from food or water, or both, for a limited period of time in response to some sacred, grievous moment. Such sacred or grievous moments include death, the threat of war,

9. Matthew 4:1-4 (NIV) 1. Matthew 4:1-4



1Then Jesus was led by the Spirit into the wilderness to be tempted by the devil. 2After fasting forty days and forty nights, he was hungry. 3The tempter came to him and said, "If you are the Son of God, tell

10. Deuteronomy 8:3 1. Deuteronomy 8:3

³He humbled you, causing you to hunger and then feeding you with manna, which neither you nor your ancestors had known, to teach you that man does not live on bread alone but on every word that comes from the mouth of the Lord.

Deuteronomy 8:3

3He humbled you, causing you to hunger and then feeding you with manna, which neither you nor your ancestors had known, to teach you that man does not live on bread alone but on every word that comes

11. John 6:48-51 (NIV) 1. John 6:48-51

⁴⁸I am the bread of life. ⁴⁹Your ancestors ate the manna in the wilderness, yet they died. ⁵⁰But here is the bread that comes down from heaven, which anyone may eat and not die. ⁵¹I am the living bread that came down from heaven. Whoever eats this bread will live forever. This bread is my flesh, which I will give for the life of the world."

John 6:48-51

48I am the bread of life. 49Your ancestors ate the manna in the wilderness, yet they died. 50But here is the bread that comes down from heaven, which anyone may eat and not die. 51I am the living bread that

12. Isaiah 58:3-10 (NIV) 1. Isaiah 58:3-10

³Why have we fasted," they say, "and you have not seen it? Why have we humbled ourselves, and you have not noticed?" ⁴Yet on the day of your fasting, you do as you please and exploit all your workers. ⁵Your fasting ends in quarreling and strife, and in striking each other with wicked fists. ⁶You cannot fast as you do today and expect your voice to be heard on high. ⁷Is this the kind of fast I have chosen, only a day for people to humble themselves? Is it only for bowing one's head like a reed and for lying in sackcloth and ashes? Is that what you call a fast, a day acceptable to the Lord?

Isaiah 58:3-10

3'Why have we fasted,' they say, 'and you have not seen it? Why have we humbled ourselves, and you have not noticed?' ⁴Yet on the day of your fasting, you do as you please and exploit all your workers. 4Your

12. Isaiah 58:3-10 (NIV) 2. Isaiah 58:3-10

⁶Is not this the kind of fasting I have chosen: to loose the chains of injustice and untie the cords of the yoke, to set the oppressed free and break every yoke? ⁷Is it not to share your food with the hungry and to provide the poor wanderer with shelter— when you see the naked, to clothe them, and not to turn away from your own flesh and blood? ⁸Then 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.

Isaiah 58:3-10

6'Is not this the kind of fasting I have chosen: to loose the chains of injustice and untie the cords of the yoke, to set the oppressed free and break every yoke? 7Is it not to share your food with the hungry and

12. Isaiah 58:3-10 (NIV) 3. Isaiah 58:3-10

⁹Then you will call, and the Lord will answer; you will cry for help, and he will say: Here am I. ¹⁰If you do away with the yoke of oppression, with the pointing finger and malicious talk, ¹¹and if you spend yourselves in 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.

Isaiah 58:3-10

9Then you will call, and the Lord will answer; you will cry for help, and he will say: Here am I. ¹⁰If you do away with the yoke of oppression, with the pointing finger and malicious talk, 10and if you spend

13. Fasting cultivates 1. Page 1

Fasting cultivates hunger for more of God. Fasting is feasting upon God. It is a way to accelerate and speed up your walk with God. It is an invitation to greater levels of intimacy. It is also a powerful weapon that can be used to tear down strongholds, set the oppressed free, heal the sick, align destinies, and stir up hunger for more of God. Our motives should be to seek the face of Jesus above all else (Joel 2:12; Acts 13:2)
~ Jen Miskov, Feasting on God: The Lost Art of Fasting

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14. Joel 2:12 (NIV) 1. Joel 2:12

¹²"Even now," declares the Lord, "return to me with all your heart, with fasting and weeping and mourning."

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15. Acts 13:2-3 (NIV) 1. Acts 13:2-3

²While they were worshiping the Lord and fasting, the Holy Spirit said, "Set apart for me Barnabas and Saul for the work to which I have called them." ³So after they had fasted and prayed, they placed their hands on them and sent them off.

Acts 13:2-3

2While they were worshiping the Lord and fasting, the Holy Spirit said, "Set apart for me Barnabas and Saul for the work to which I have called them." 3So after they had fasted and prayed, they placed their

16. Acts 14:23 (NIV) 1. Acts 14:23

²³Paul and Barnabas appointed elders for them in each church and, with prayer and fasting, committed them to the Lord, in whom they had put their trust.

Acts 14:23

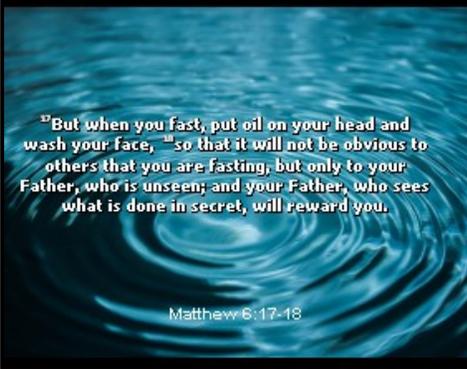
23Paul and Barnabas appointed elders for them in each church and, with prayer and fasting, committed them to the Lord, in whom they had put their trust.

NINE REASONS TO FAST

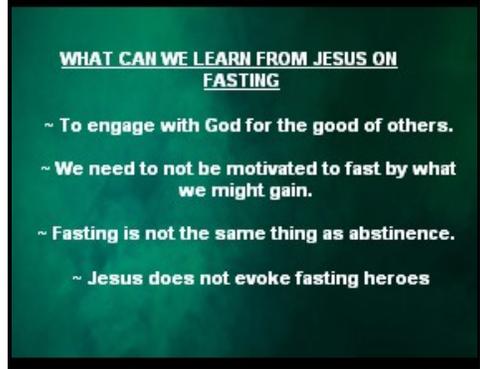
1. To strengthen prayer
2. To seek God's guidance
3. To express grief
4. To seek deliverance or protection
5. To express repentance and a return to God
6. To humble oneself before God
7. To express concern for the work of God
8. To overcome temptation and dedicate yourself to God
9. To express love and worship to God

NINE REASONS TO FAST

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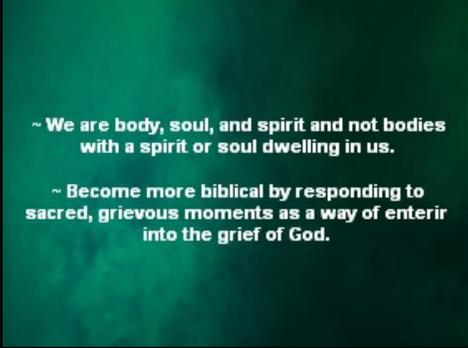


17But when you fast, put oil on your head and wash your face, 18so that it will not be obvious to others that you are fasting, but only to your Father, who is unseen; and your Father, who sees what is done in



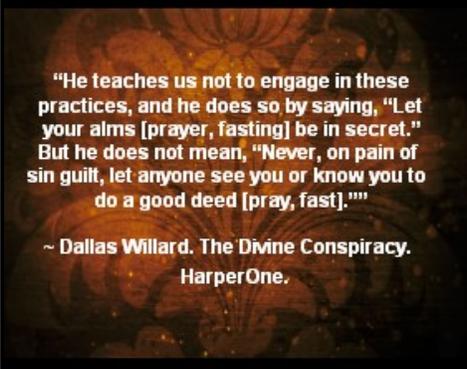
WHAT CAN WE LEARN FROM JESUS ON FASTING

~ To engage with God for the good of others.

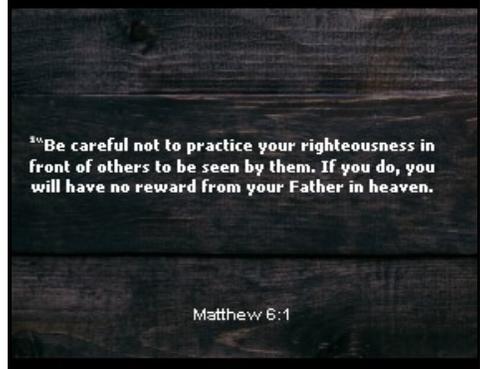


~ We are body, soul, and spirit and not bodies with a spirit or soul dwelling in us.

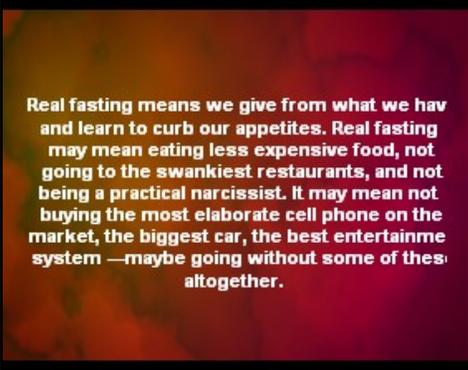
~ Become more biblical by responding to sacred, grievous moments as a way of



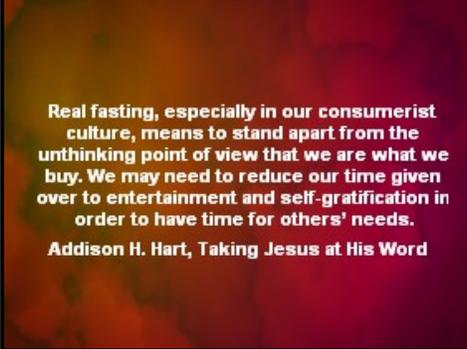
"He teaches us not to engage in these practices, and he does so by saying, "Let your alms [prayer, fasting] be in secret." But he does not mean, "Never, on pain of sin guilt, let anyone see you or know you to do



1"Be careful not to practice your righteousness in front of others to be seen by them. If you do, you will have no reward from your Father in heaven.



Real fasting means we give from what we have and learn to curb our appetites. Real fasting may mean eating less expensive food, not going to the swankiest restaurants, and not being a practical



Real fasting, especially in our consumerist culture, means to stand apart from the unthinking point of view that we are what we buy. We may need to reduce our time given over to entertainment and self-



Worship Fully, Spend less, Give more, Love All