



"Feasting through Fasting"

A Look at Luke

Luke 5:33-35

January 5, 2020

"But the time will come when the bridegroom will be taken from them; in those days they will fast."

Luke 5:35

Fasting in the Old Testament: (Lev 16:29, Deut 9:11, 25, 2 Chron 20:2-4)

Three observations on fasting:

1. Fasting is not a religious practice for God, but a RELATIONAL focus on God. Matthew 6:16-18, Isaiah 58:2-4

2. Fasting is still RELEVANT for today. Matthew 6:16, Luke 4:1-2, Ephesians 5:1, 2 Corinthians 11:27, Acts 13:2-3

3. Fasting offers great REWARD. Psalm 103:2

- i. Fasting EMPTIES yourself of every barrier to God in order to be filled with His presence.**
- ii. Fasting CREATES an appetite for the good things to follow.**
- iii. Fasting is WAITING in God's presence to become like Him and do His will.**
- iv. Fasting is COMING to the Lord to enjoy His presence and find spiritual rest.**
- v. Fasting is DRINKING from God's presence to get spiritual satisfaction.**
- vi. Fasting is DISCIPLINING yourself even as Jesus did.**
- vii. Fasting is GROWING spiritually into the image of Jesus.**
- viii. Fasting is GAINING spiritual perception of God's world.**
- ix. Fasting is ENTERING into God's rest.**
- x. Fasting is KNOWING God and becoming more like Him.**

Question to Consider:

- Is fasting a regular part of my walk with Christ?**
- Am I willing to incorporate fasting into my life to grow spiritually?**
- Will I begin this week with fasting? A meal? Two meals? A day? Something else?**

What is the Holy Spirit prompting me to do?

