

SERMON NOTES

February 4 & 5, 2023

Own It: Fasting

Matthew 6:16-18

1. History of Fasting:

Matthew 6:16-18 | Jonah 3:4-8

2. Fasting Insights

- a. My body insists on _____.
- b. My flesh is _____.
- c. It is possible to have an unsatisfied appetite and still _____ even _____.
- d. I can learn in small ways the art of _____.
- e. I can learn how to be _____.

3. Spiritual disciplines are _____ that _____

_____ to live in the goodness and freedom of the Kingdom of God. **I Corinthians 9:25**
I Timothy 4:8 | Luke 6:40

4. Spiritual disciplines _____ in the spirit of humility, freedom, surrender and grace.

Psalms 35:13 | Luke 18: 11-12

5. Fasting Formats:

a. _____

Matthew 4: 2-4 | John 4:31-32

b. _____

Isaiah 58: 3-4a, 6-7a

Life Steps

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Monday

Matthew 6:16-18

Reflect: What new insights into the nature of God and yourself, did you gain from last weekend's message?

Prayer: Our Father, in my eating, and in my fasting, make known to me the reality of your Kingdom presence.

Tuesday

Matthew 4:1-4

Reflect: Why do you think God's own son fasted? Why do you think fasting is considered a "really weird idea" in our culture?

Prayer: Our Father, teach me how to thrive even when my worldly appetites are left unsatisfied.

Wednesday

John 4:27-34

Reflect: From His forty day experience in the wilderness to His conversation with His disciples at the well, what do we learn from Jesus about the purpose and importance of fasting?

Prayer: Our Father, increase my appetite for every word that comes from your mouth.

Thursday

Luke 18:9-14

Reflect: Why is it important that every spiritual discipline be practiced with humility? Why or why not, is fasting one of your spiritual disciplines?

Prayer: Our Father, temper my pride and humble my ego.

Friday

Jonah 3:4-8 | Psalm 35:13 | Esther 4:15-16

Reflect: What do we learn about fasting from these Old Testament passages? What is the relevance of fasting for Christians today?

Prayer: Our Father, give me the bread I need for today.

Saturday

I Corinthians 9:25 | I Timothy 4:8 | Luke 6:49

Reflect: What is the difference between trying and training? Where in your life has trying harder not worked? Where in your physical, mental and spiritual life do you need some training? What will be your first action step?

Prayer: Our Father, train me in the ways of Jesus, that I might live daily with freedom and power in the reality of your Kingdom.

Sunday

Isaiah 58

Reflect: Lent begins on Ash Wednesday, February 22. When you think about fasting as feasting on God and caring for others, begin to consider how you will fast. Maybe temporarily alter you're eating or drinking habits. Maybe skipping a meal to read and pray. Maybe choosing one day a week where you will skip lunch, go somewhere private to read and pray. Maybe give something up you enjoy to have more resources to give to those who have less. What will you do to make space for God to speak and work in your life?

Prayer: Slowly, thoughtfully, recite the Lord's Prayer.