

Fasting
22 May 2022

Series: Habits of the Heart, Practices to commune with God and transform your life
St George's Battery Point



https://unsplash.com/photos/_cQDpF6n3t0



<https://wp-media.patheos.com/blogs/sites/572/2020/02/FastingBabylon.jpg>

Zechariah 8

³ This is what the LORD says: "I will return to Zion and dwell in Jerusalem.

¹⁹ This is what the LORD Almighty says: "The fasts of the fourth, fifth, seventh and tenth months will become joyful and glad occasions and happy festivals for Judah. Therefore love truth and peace."

<https://dg.imgix.net/prayer-for-beginners-g13leaz-en/landscape/prayer-for-beginners-g13leaz.jpg>

Isaiah 58

True fasting: From the heart to action.

Reverse injustice; free the oppressed; share food with the hungry; give shelter for the homeless; clothe the naked.

Joel 2

¹² "Even now," declares the LORD,

"return to me with all your heart, with fasting and weeping and mourning."

¹³ Rend your heart and not your garments.

Fasting in the New Testament

Matt 6: When you fast, fast only for God

Matt 9, Mark 2, Luke 5: New wineskins

Acts 13: Worship and fasting

Acts 14: Appointing elders with prayer and fasting



What? Why? How?



- Fast something that will prompt you to pray
 - *Food, media, habits/hobbies*
- Fast with purpose: to worship, to seek God, to intercede, to mourn, to repent
- Choose a time and frequency
- Ask God to align you to his will
- Be thankful and humble
- Fast together with others

<https://www.communitycovenant.church/wp-content/uploads/2021/01/fasting-1.jpg>