

ROOTED MINISTRIES

LASER TAG & YOUTH SERVICE

OCTOBER 25TH

Youth Service
@ 10 am

OCTOBER 24TH

Laser Tag @ 5 pm

OCTOBER 25TH

Laser Tag @ 5 pm

The Link
353 West A St
Casper, WY

**Grades
6th & UP**

FREE breakfast
& supper will be
provided!

THE HISTORICAL RELIABILITY OF THE GOSPELS

Join us for an evening with
Dr. Craig Blomberg,
Distinguished Professor Emeritus of
New Testament at Denver Seminary

***MONDAY, NOVEMBER 10TH
6:30PM-8:30PM***

***LIMITED SEATING! PLEASE RSVP AT
ADMIN@CORNERSTONEFREE.ORG
OR ON A CONNECT CARD***



Worship Song

“Psalm 27: One Thing”
(Shane & Shane)



How Do I Grow as a Christian?

Spiritual Disciplines

Spiritual Disciplines

Christian practices that help us
experience greater freedom from
sin and greater intimacy with God

Those who have trusted in Jesus have
been freed from the **PENALTY** of sin;
but we are still being freed from the
POWER of sin over the course of our
lives.

John 10:10 (CSB)

“The thief comes only to steal and kill and destroy. I have come that they may have life and have it abundantly.”

Outline

1. What is fasting?
2. What is the purpose of fasting?
3. How do we fast?

I. What is Fasting?

Spiritual Disciplines:
Fasting

The spiritual discipline of abstaining from food for spiritual purposes.

Matthew 6:16-18 (CSB)

Spiritual Disciplines:
Fasting

“Whenever you fast, don’t be gloomy like the hypocrites. For they make their faces unattractive so that their fasting is obvious to people. Truly I tell you, **they have their reward**. But when you fast, put oil on your head and wash your face, so that your fasting isn’t obvious to others but to your Father who is in secret. And your Father who sees in secret will reward you.”

Matthew 9:15 (CSB)

Spiritual Disciplines:
Fasting

Jesus said to them, “Can the wedding guests be sad while the groom is with them? The time will come when the groom will be taken away from them, and then they will fast.”

Acts 13:2-3 (CSB)

Spiritual Disciplines:
Fasting

As [the church at Antioch was] 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.” Then after they had fasted, prayed, and laid hands on them, they sent them off.

Acts 14:23 (CSB)

Spiritual Disciplines:
Fasting

When they had appointed elders for them in every church and prayed **with fasting**, they committed them to the Lord in whom they had believed.

II. What is the purpose of fasting?

Spiritual Disciplines:
Fasting

1. To help us seek God and find Him

Zechariah 7:5 (CSB)

Spiritual Disciplines:
Fasting

“Ask all the people of the land and the priests: When you fasted and lamented in the fifth and seventh months for these seventy years, did you really fast for me?”

Jeremiah 29:13 (CSB)

Spiritual Disciplines:
Fasting

“You will seek me and find me when you search for me with all your heart.”

II. What is the purpose of fasting?

1. To help us seek God and find Him
2. To remind us that the Blessor is better than the blessing

John 4:32, 34 (CSB)

Spiritual Disciplines:
Fasting

³²“I have food to eat that you don’t know about...³⁴My food is to do the will of him who sent me and to finish his work.”

Matthew 4:4 (CSB)

Spiritual Disciplines:
Fasting

“Man must not live on bread alone
but on every word that comes
from the mouth of God.”

John Mark Comer

Spiritual Disciplines:
Fasting

“You are learning to be joyful, even when you don't get what you want. You are practicing suffering, and through it, increasing your capacity for joy in all circumstances.”

Practicing the Way, 185

II. What is the purpose of fasting?

1. To help us seek God and find Him
2. To remind us that the Blessor is better than the blessing
3. To reveal what controls us and to break the power of sin in our lives

Bad Reasons to Fast...

Spiritual Disciplines:
Fasting

1. To get God to do what you want

Psalm 115:3 (CSB)

Spiritual Disciplines:
Fasting

“Our God is in the heavens and
does whatever he pleases.”

Isaiah 58:3-4 (CSB)

Spiritual Disciplines:
Fasting

³“Why have we fasted,
but you have not seen?
We have denied ourselves,
but you haven’t noticed!”

Isaiah 58:3-4 (CSB)

Spiritual Disciplines:
Fasting

“Look, you do as you please
on the day of your fast,
and oppress all your workers.
4” You fast with contention and strife
to strike viciously with your fist.
You cannot fast as you do today,
hoping to make your voice
heard on high.”

We should be expectant to hear from God when we fast but not demanding.

Bad Reasons to Fast...

Spiritual Disciplines:
Fasting

1. To get God to do what you want
2. To impress other people
3. To lose weight

III. How do we fast?

Spiritual Disciplines:
Fasting

When NOT to do a fast:

1. If you have health issues or concerns
 - Dieabetic, heart/blood sugar issues, etc.
2. On a day when you have will engage in lots of physical activity

III. How do we fast?

Spiritual Disciplines:
Fasting

How to start:

1. Tell your parents – ask if they'll join you!
2. Don't do it alone.
3. Get a journal/piece of paper
4. Choose a day of the week – non-school day
5. Start with a progression
 - **Fast until sundown** – skip breakfast & lunch, then eat dinner

III. How do we fast?

Spiritual Disciplines:
Fasting

How to start:

6. Try it 1x/month for 3 months

- If you do, come tell me or a leader and we'll buy you ice cream or a soda or a McChicken and you can tell us about what you've learned!

III. How do we fast?

Spiritual Disciplines:
Fasting

What to do during the day:

1. Drink tons of water
2. If coffee drinker, can have a little bit of black coffee – not too much or you'll feel jittery!

III. How do we fast?

Spiritual Disciplines:
Fasting

What to do during the day:

3. During times you would be eating or preparing food...

- Give yourself to prayer
- Journal your thoughts
- Sing worship songs to God.
- Sit in silence and solitude

III. How do we fast?

Spiritual Disciplines:
Fasting

What to do during the day:

4. During your ordinary tasks of the day...

- Think about and enjoy God's company!
- Make every act, no matter how dull (homework, chores, errands, work, hanging out with friends) an act of sacred worship that you give to God and say "this is for you."

III. How do we fast?

Spiritual Disciplines:
Fasting

What to expect from your body:

1. Stomach growling/hunger pangs
 - Drink some water and tell your stomach to “settle down.”
 - When these do come, recite Romans 12:1-2. Read/memorize it and say this to yourself whenever you feel pangs of hunger.
 - A little lemon juice in water helps if you just need a bit of flavor to help you get through

III. How do we fast?

Spiritual Disciplines:
Fasting

What to expect from your body:

2. Experiencing some weakness
3. If you drink a lot of coffee, possibly a little headache
4. A great feeling of accomplishment and joy at the end of your fast!

III. How do we fast?

Spiritual Disciplines:
Fasting

How to break your fast:

1. Don't gorge yourself.
2. Eat a light meal of fruits and veggies and some protein.
3. Avoid a heavy dairy meal
4. Rejoice!

What is the purpose of fasting?

Spiritual Disciplines:
Fasting

1. To help us seek God and find Him
2. To remind us that the Blessor is better than the blessing
3. To reveal what controls us and to break the power of sin in our lives