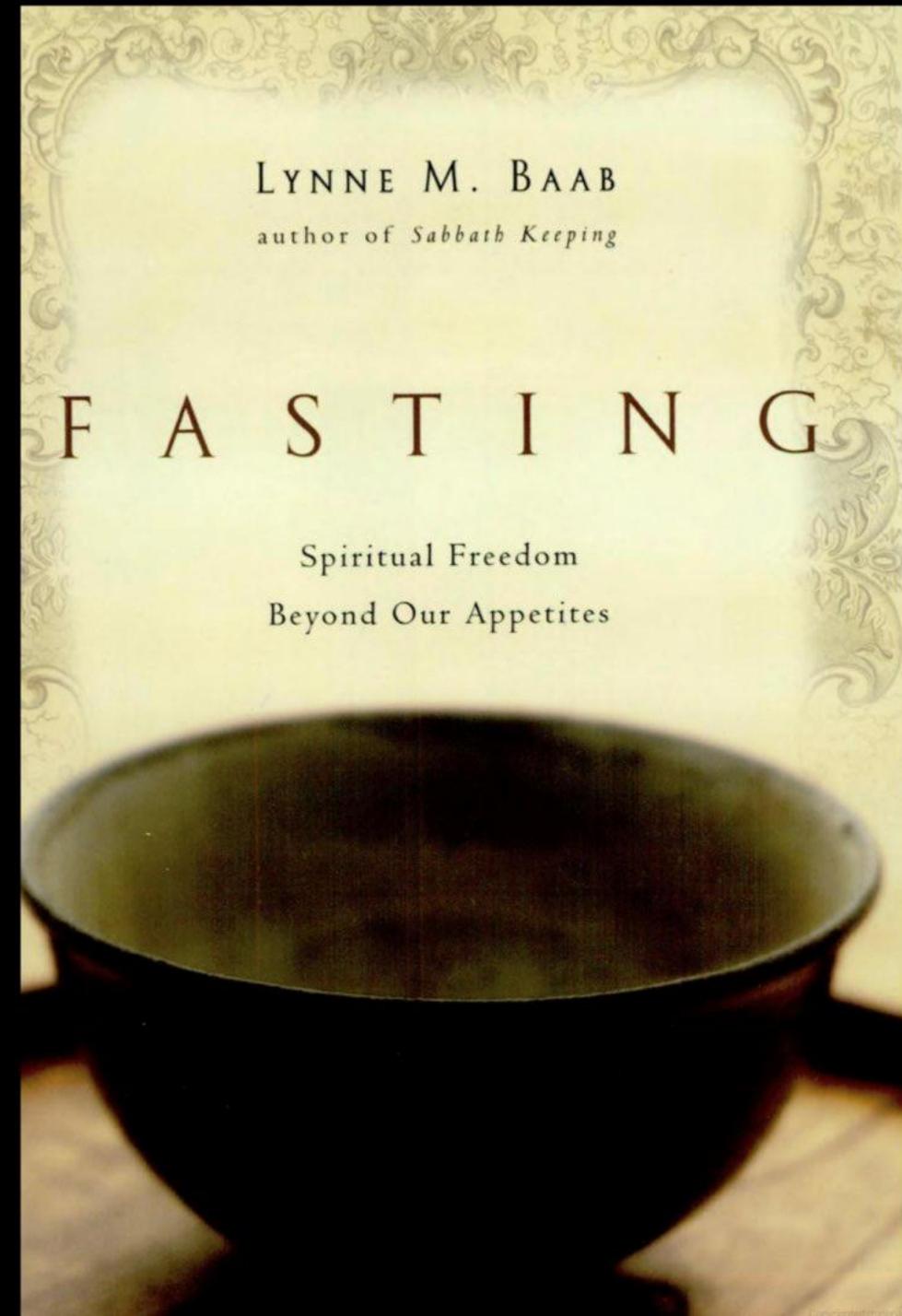


“Christian fasting is the voluntary denial of something for a specific time, for a spiritual purpose, by an individual, family, community or nation.”

- Lynne Baab



Then Jesus left the Jordan, full of the Holy Spirit, and was led by the Spirit in the wilderness ² for forty days to be tempted by the devil. He ate nothing during those days, and when they were over, he was hungry. ³ The devil said to him, "If you are the Son of God, tell this stone to become bread."

Luke 4:1-3, CSB

First Temptation:

“If you are the son of God, tell this stone to become bread.”

Leveraging limitless power for
limitless personal pleasure

But Jesus answered him, "It is written: **Man must not live on bread alone.**"

Luke 4:4, CSB

The corruption of humankind that began in Paradise when humanity [in Adam and Eve] ate doubly of what they were not supposed to eat, was undone by Christ's hunger in this world.

—Irenaeus of Lyon

Death through the tree; through the
cross, life....Adam into the desert;
Christ from the desert.

—Ambrose of Milan

So he took him up and showed him all the kingdoms of the world in a moment of time. ⁶ The devil said to him, "I will give you their splendor and all this authority, because it has been given over to me, and I can give it to anyone I want. ⁷ If you, then, will worship me, all will be yours." ⁸ And Jesus answered him, "It is written: Worship the Lord your God, and serve him only."

Luke 4:5-8, CSB

Second Temptation:

The temptation of the shortcut
(premature gaining of power)

So he took him to Jerusalem, had him stand on the pinnacle of the temple, and said to him, "If you are the Son of God, throw yourself down from here. ¹⁰ For it is written: **He will give his angels orders concerning you, to protect you,** ¹¹ **and they will support you with their hands, so that you will not strike your foot against a stone."**

¹² And Jesus answered him, "It is said: **Do not test the Lord your God.**", ¹³ After the devil had finished every temptation, he departed from him for a time.

Luke 4:9-13, CSB

Third Temptation:

Temptation to prove oneself

“Just as Adam is tempted to affirm his own worth by eating of the forbidden fruit, the devil now tempts Jesus to show that he is indeed the Son of God... The devil seems to be saying: ‘I don’t believe that you are the Son of God. In fact, I don’t think you are too sure either. So prove it to me and to yourself by jumping off the pinnacle of the temple and having angels come to protect you.’ And the devil makes his argument by quoting Scripture!”

- Justo Gonzalez

Good things are best enjoyed when
there is a "God-is-enough-ness"
foundation

Fasting Recommendations:

Community

No to _____ is a yes to _____
(replacing desire with desire)

Fasting Recommendations:

Be Realistic

Be Wise

Be Sacrificial

Fasting Recommendations:

Let Grace Undergird the Experience

[W]e inhabit a culture obsessed with liberty, but we habituate ourselves into bondage. We've forgotten what lack feels like and what liberty tastes like...
fasting is essentially about freedom: The freedom to make time to read the Bible and draw near to God. The freedom to pray passionately for the needs of people near and far. The freedom to listen to God and change the direction of our prayers.

- Lynn Baab