

2025_3_30 Romans 12v1-2

1.

2. Therefore, brothers and sisters, in view of the mercies of God, I urge you to present your bodies as a living sacrifice, holy and pleasing to God; this is your true worship.

3. Do not be conformed to this age, but be transformed by the renewing of your mind, so that you may discern what is the good, pleasing, and perfect will of God.

Romans 12v1-2 (CSB)

4. Don't you know that your body is a temple of the Holy Spirit who is in you, whom you have from God? You are not your own, for you were bought at a price. So glorify God with your body.

1 Corinthians 6v19-20 (CSB)

5. Fasting is sacrificially surrendering our whole self in worship.

6. Fasting uncovers our heart's desires.

7. "Fasting reveals the things that control us."

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8. Fasting moves us toward greater holiness.

9. Self-control: It's the ability to say no to something.

10. Don't you know that the runners in a stadium all race, but only one receives the prize? Run in such a way to win the prize.

11. Now everyone who competes exercises self-control in everything. They do it to receive a perishable crown, but we an imperishable crown.

12. So I do not run like one who runs aimlessly or box like one beating the air.

13. Instead, I discipline my body and bring it under strict control, so that after preaching to others, I myself will not be disqualified.

1 Corinthians 9v24-27 (CSB)

14. Self-discipline: The ability to say yes to something.

15. But have nothing to do with pointless and silly myths. Rather, train yourself in godliness. For the training of the body has limited benefit,

16. but godliness is beneficial in every way, since it holds promise for the present life and also for the life to come.

1 Timothy 4v7-8 (CSB)

17. "Fasting gives strength against sin, represses evil desires, repels temptation, humbles pride, cools anger, and fosters all the inclinations of a good will even unto the practice of every virtue."

St. Leo the Great (5th century)

18. "Restrain from gluttony and thou shalt the more easily restrain all the inclinations of the flesh."

Thomas à Kempis

19. Fasting grows in us a deeper hunger for God.

20. "To use good things to our own ends is always the sign of false religion. How easy it is to take something like fasting and try to use it to get God to do what we want."

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21. Fasting is sacrificially surrendering our whole self in worship.

22. Pray for your: heart, holiness, and hunger.

23. Ways to Participate

New to Fasting? Start small by fasting from one meal on Wednesdays. Use this time to pray, read Scripture, and focus on God.

Some Experience with Fasting? Try fasting for a full 24 hours, from sundown Tuesday to sundown Wednesday. Break your fast with a simple meal and gratitude.

Ready for a Challenge? Fast on both Wednesday and Friday, following the practice of early Christians.

24. Key Reminders

Stay Hydrated – Drink plenty of water throughout your fast.

Pray with Purpose – Let hunger remind you to turn to God in prayer.

Don't showcase your fast – Fasting is between you and God, don't make a big deal of it to others (Matt. 6v16-18).

End with Gratitude – Break your fast with thanksgiving and delight in God's goodness.

25. Pick up - A Short Guide to Fasting