



REDEMPTION  
CITY CHURCH

# Fasting

**Simple, Week 4**

2/11/24

**Sticky Statement: We fast from food to feast and focus on Jesus.**

It's normal to feel lost, or at least a bit off course, in life. We get lost in the trees, gradually losing perspective, wondering where we are and how we got here.

Fasting isn't the only way to get re-oriented, and it's definitely not convenient! But it *is one* highly effective way to "climb the mountain," get re-oriented, and enjoy a rich, re-focusing experience with Jesus.

## 1. \_\_\_\_\_ is fasting?

Fasting is not eating food for a dedicated time in order to pray and focus on spiritual matters.

There are two main purposes to fasting: focus and prayer.

Disciplines like fasting seek to leverage the connection between the heart, mind, and body without falling into meaningless ritual.

## 2. \_\_\_\_\_: Reasons for fasting in the Bible

*Bad* reasons to fast: getting God's attention or favor, religious self-deception, legalistic achievement. (Isaiah 58:2-6)

Good reasons to fast:

- Grief (2 Samuel 1:12)
- Repentance & Self-Examination (1 Samuel 7:3-6)
- Dependence on God (Matthew 4:1-2)
- Intercession & Prayer for Help (Esther 4:16)

"[God,] You satisfy me more than the richest feast. I will praise you with songs of joy." Psalm 63:5

### 3. \_\_\_\_\_: Guidelines for fasting

- **Be careful**—consider health conditions, listen to your body. Strenuous fasting might not be for you, and that's okay.
- **Go easy**—ease into it, build up over time. If you like, feel free to drink milk or other things to take the edge off! The point is focus and prayer, not suffering. Drink lots of water!
- **Make it special**—make your fast-entering or fast-breaking meals delicious!
- **Focus of the Lord**—go into a fast with *purpose* connected to Jesus. Spend time praying or memorizing scripture (like Psalm 42 or 63, or portions of John 6). Set aside extra time to spend with Jesus!

"Jesus replied, 'I am the bread of life. Whoever comes to me will never be hungry again. Whoever believes in me will never be thirsty.'" John 6:35

## Do the Word

**Let's fast today as a church family**, just from lunch! Before we take the Lord's Supper, ask Him:

- Is there something in your life you're grieving?
- Is there an area of sin He's leading you to repent from?
- Is there an area of life where He's inviting you into greater dependence on Himself?
- Is there something you need God's powerful help and provision in?

We encourage you to join us in fasting from lunch in order to pray and focus on that area of your life.