Fasting & Sabbath

Matthew 4:1-4

Fasting

Matthew 6:16-18; Matthew 4

God's people fasted when...

Can you give up _____ for 1 hour a day, 1 day a week, 1 week a year?

Food - 1st Century; Tech - Today?
Fasting is a way to practice denying ourselves & focusing on God. (Luke 9:23)

Sabbath

"Don't Do That!"
"Do This In Remembrance..."
Creation - Exodus 20:8-11
Exodus - Deuteronomy 5:12-15

Sabbath was a time of worship, rest, unhurried relationships, contemplation, and feasting - look back & prepare.

CHALLENGE - 1. Prune something out of your life & replace it with a focus on God. 2. Set aside 6+ hours on a given day to cultivate your relationship with God & others through worship, rest, lack of hurry, & contemplation.