



MAY 3RD, 2026

BEHOLDING: DISCIPLINES FOR IMAGERS LOOSENING THE GRIP: THE DISCIPLINE OF FASTING

⁶ So when the woman **saw** that the tree was good for food, and that it was a delight to the eyes, and that the tree was to be **desired** to make one wise, she **took** of its fruit and ate, and she also gave some to her husband who was with her, and he ate.

Genesis 3:6 (ESV)

...For I have the desire to do what is right, but not the ability to carry it out. ¹⁹For I do not do the good I want, but the evil I do not want is what I keep on doing.

Romans 7:18b–19 (ESV)

¹⁶ “And **when** you fast, do not look gloomy like the hypocrites, for they disfigure their faces that their fasting may be seen by others. Truly, I say to you, they have received their reward. ¹⁷ But **when** you fast, anoint your head and wash your face, ¹⁸ that your fasting may not be seen by others but by your Father who is in secret. And your Father who sees in secret will reward you.

Matthew 6:16–18 (ESV)

³¹ Meanwhile the disciples were urging him, saying, “Rabbi, eat.” ³² But he said to them, “I have **food** to eat that you do not know about.” ³³ So the disciples said to one another, “Has anyone brought him something to eat?” ³⁴ Jesus said to them, “My **food** is to do the will of him who sent me and to accomplish his work.

John 4:31–34 (ESV)

¹ Then Jesus was led up by the Spirit into the wilderness to be tempted by the devil. ² And after fasting forty days and forty nights, he was hungry. ³ And the tempter came and said to him, “If you are the Son of God, command these stones to become loaves of bread.” ⁴ But he answered, “It is written, “‘Man shall not live by bread alone, but by every word that comes from the mouth of God.’” ⁵ Then the devil took him to the holy city and set him on the pinnacle of the temple ⁶ and said to him, “If you are the Son of God, throw yourself down, for it is written, “‘He will command his angels concerning you,’ and “‘On their hands they will bear you up, lest you strike your foot against a stone.’” ⁷ Jesus said to him, “Again it is written, ‘You shall not put the Lord your God to the test.’” ⁸ Again, the devil took him to a very high mountain and showed him all the kingdoms of the world and their glory. ⁹ And he said to him, “All these I will give you, if you will fall down and worship me.” ¹⁰ Then Jesus said to him, “Be gone, Satan! For it is written, “‘You shall worship the Lord your God and him only shall you serve.’” ¹¹ Then the devil left him, and behold, angels came and were ministering to him.

Matthew 4:1–11 (ESV)

³ And he humbled you and let you hunger and fed you with manna, which you did not know, nor did your fathers know, that he might make you know that man does not live by bread alone, but man lives by every word that comes from the mouth of the Lord.

Deuteronomy 8:3 (ESV)

¹⁴ And when they came to the crowd, a man came up to him and, kneeling before him, ¹⁵ said, “Lord, have mercy on my son, for he has seizures and he suffers terribly. For often he falls into the fire, and often into the water. ¹⁶ And I brought him to your disciples, and they could not heal him.” ¹⁷ And Jesus answered, “O faithless and twisted generation, how long am I to be with you? How long am I to bear with you? Bring him here to me.” ¹⁸ And Jesus rebuked the demon, and it came out of him, and the boy was healed instantly. ¹⁹ Then the disciples came to Jesus privately and said, “Why could we not cast it out?” ²⁰ He said to them, “Because of your little faith. For truly, I say to you, if you have faith like a grain of mustard seed, you will say to this mountain, ‘Move from here to there,’ and it will move, and nothing will be impossible for you.” ²¹ But this kind never comes out except by prayer and fasting.

Matthew 17:14-21 (ESV)

¹² “Yet even now,” declares the Lord, “return to me with all your heart, with fasting, with weeping, and with mourning; ¹³ and rend your hearts and not your garments.” Return to the Lord your God, for he is gracious and merciful, slow to anger, and abounding in steadfast love; and he relents over disaster.

Joel 2:12-13 (ESV)