



GROWING IN INTIMACY WITH GOD

“Fasting that Frees Us” | Pastor Joe Yoshihara | January 12, 2025

Matthew 23:12

¹²Whoever exalts himself will be humbled, and whoever humbles himself will be exalted.



James 4:6-10

⁶ But he gives more grace. Therefore it says, “God opposes the proud but gives grace to the humble.” ⁷ Submit yourselves therefore to God. Resist the devil, and he will flee from you. ⁸ Draw near to God, and he will draw near to you. Cleanse your hands, you sinners, and purify your hearts, you double-minded.



James 4:6-10

°Be wretched and mourn and weep. Let your laughter be turned to mourning and your joy to gloom. ¹⁰Humble yourselves before the Lord, and he will exalt you.



1 Peter 5:5-6

⁵ ...Clothe yourselves, all of you, with humility toward one another, for “God opposes the proud but gives grace to the humble.” ⁶ Humble yourselves, therefore, under the mighty hand of God so that at the proper time he may exalt you, ⁷ casting all your anxieties on him, because he cares for you.



Humility, the place of entire dependence on God, is, from the very nature of things, the first duty and the highest virtue of man. It is the root of every virtue. And so pride, or the loss of this humility, is the root of every sin and evil. – Andrew Murray, Humility, pg. 16



Fasting expresses our humility before God.



Fasting reminds us there is food that
imparts true life.



Matthew 4:1-4

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.”



Matthew 4:1-4

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.””



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Fasting is a way of living out Scripture



Psalm 63:1-5

¹ You, God, are my God,
earnestly I seek you;
I thirst for you,
my whole being longs for you,
in a dry and parched land
where there is no water.



Psalm 63:1-5

² I have seen you in the sanctuary
and beheld your power and your glory.

³ Because your love is better than life,
my lips will glorify you.



Psalm 63:1-5

⁴ I will praise you as long as I live,
and in your name I will lift up my hands.

⁵ I will be fully satisfied as with the richest of
foods;

with singing lips my mouth will praise you.



Fasting trains us to walk by the Spirit



Galatians 5:16-24

¹⁶ But I say, walk by the Spirit, and you will not gratify the desires of the flesh. ¹⁷ For the desires of the flesh are against the Spirit, and the desires of the Spirit are against the flesh, for these are opposed to each other, to keep you from doing the things you want to do.



Galatians 5:16-24

¹⁸ But if you are led by the Spirit, you are not under the law. ¹⁹ Now the works of the flesh are evident: sexual immorality, impurity, sensuality, ²⁰ idolatry, sorcery, enmity, strife, jealousy, fits of anger, rivalries, dissensions, divisions, ²¹ envy, drunkenness,



Galatians 5:16-24

orgies, and things like these. I warn you, as I warned you before, that those who do such things will not inherit the kingdom of God. ²² But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness,



Galatians 5:16-24

faithfulness, ²³ gentleness, self-control; against such things there is no law. ²⁴ And those who belong to Christ Jesus have crucified the flesh with its passions and desires.



Genuine fasting will be rewarded by God.



Matthew 6:16-18

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.



Matthew 6:16-18

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.



Application

1. If you aren't currently fasting, join in for the remainder of this month.
2. If you are fasting, draw strength from the Holy Spirit to curb fleshly reactions and responses.

