

A large, mature tree with a thick trunk and a full canopy of green leaves stands in the center of a landscape. The tree's roots are exposed and spread out across the ground in the foreground. The sun is setting behind the tree, creating a bright glow and casting long shadows. The sky is filled with soft, golden light and scattered clouds. In the background, there are rolling hills and mountains under a hazy sky. The overall scene is serene and evokes a sense of stability and growth.

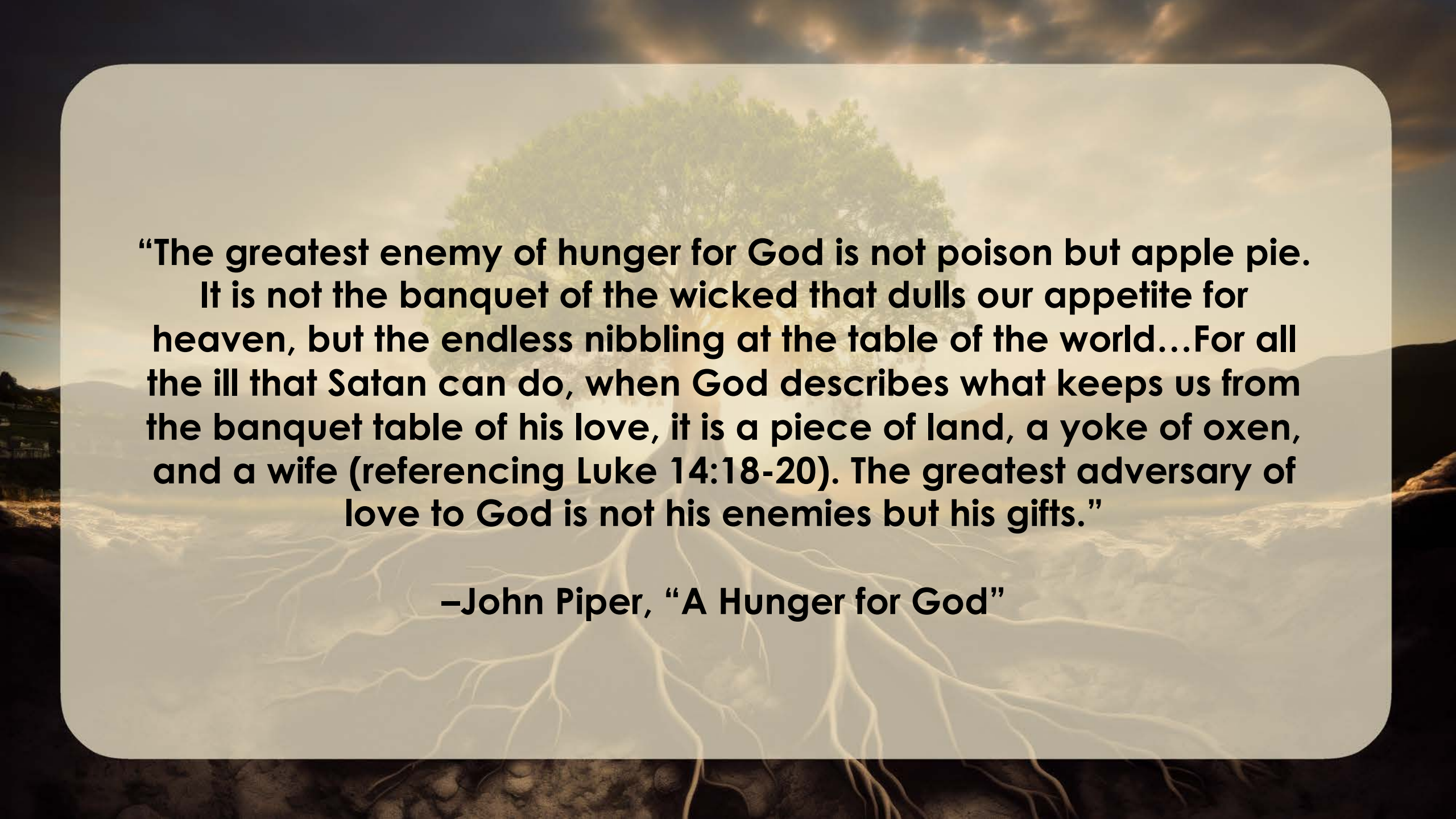
# SPIRITUAL DISCIPLINES

**“Godliness - being like Jesus - is the purpose, but the God-given path to that purpose is through certain activities found in Scripture known as the Spiritual Disciplines. To put it another way, there are specific practices we are to do sometimes that cultivate generally being like Jesus all the time. So fasting is a spiritual discipline because that’s something that you do. Joy, strictly speaking, is not a spiritual discipline, because joy is something you experience, not something you do. Fasting itself is not the goal; rather joy is part of the goal of fasting, because joy is a Christlike quality. Joy does not come to you if you are spiritually passive; rather, joy is cultivated, but joy is cultivated by things you do. And the ‘things you do’ that cultivate Christlike joy are the spiritual disciplines.”**

**–Donald Whitney**

A large, leafy tree stands in the center of the frame, its trunk and branches silhouetted against a bright, hazy sunset sky. The tree's roots are exposed and spread out across the ground in the foreground, creating a complex, web-like pattern. The background shows a landscape with rolling hills and mountains under a sky filled with soft, golden light and scattered clouds. The overall mood is serene and contemplative.

**To fast is to abstain from food  
for a spiritual purpose.**



**“The greatest enemy of hunger for God is not poison but apple pie. It is not the banquet of the wicked that dulls our appetite for heaven, but the endless nibbling at the table of the world...For all the ill that Satan can do, when God describes what keeps us from the banquet table of his love, it is a piece of land, a yoke of oxen, and a wife (referencing Luke 14:18-20). The greatest adversary of love to God is not his enemies but his gifts.”**

**–John Piper, “A Hunger for God”**

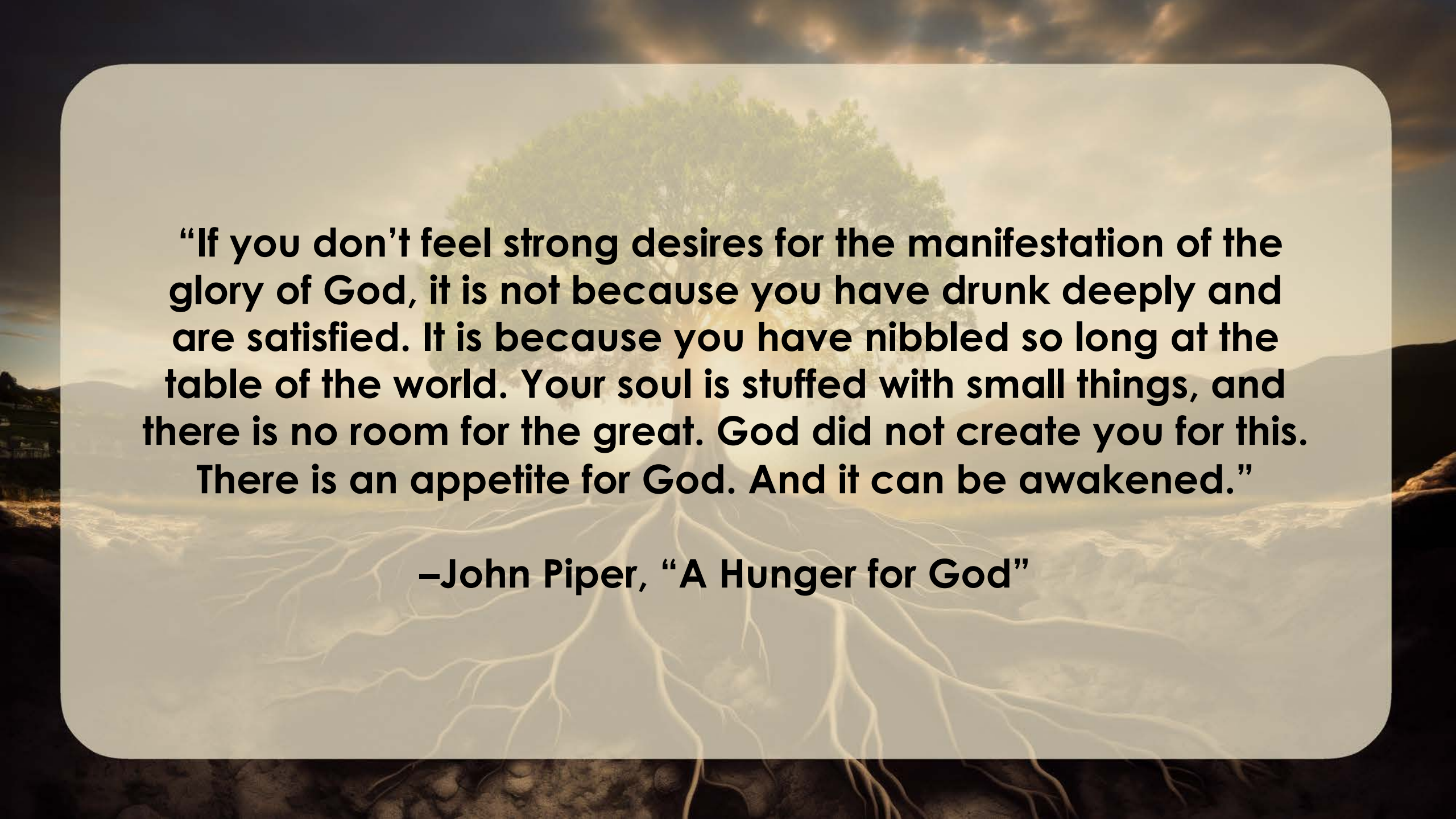
## **1 TIMOTHY 4:1-5**

**<sup>1</sup> Now the Spirit expressly says that in later times some will depart from the faith by devoting themselves to deceitful spirits and teachings of demons, <sup>3</sup> through the insincerity of liars whose consciences are seared, <sup>2</sup> who forbid marriage and require abstinence from foods that God created to be received with thanksgiving by those who believe and know the truth. <sup>4</sup> For everything created by God is good, and nothing is to be rejected if it is received with thanksgiving, <sup>5</sup> for it is made holy by the word of God and prayer.**

A large, leafy tree with a thick trunk and a wide canopy of green leaves stands in the center. Its roots are exposed and spread out across a light-colored, rocky or sandy ground. The background shows a hazy landscape with mountains under a cloudy sky. The entire scene is overlaid with a semi-transparent white rounded rectangle.

**“Christian fasting is a test to see  
what desires control us.”**

**– John Piper**



**“If you don’t feel strong desires for the manifestation of the glory of God, it is not because you have drunk deeply and are satisfied. It is because you have nibbled so long at the table of the world. Your soul is stuffed with small things, and there is no room for the great. God did not create you for this. There is an appetite for God. And it can be awakened.”**

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# **KINDS OF FASTS:**





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❖ **Normal Fast**



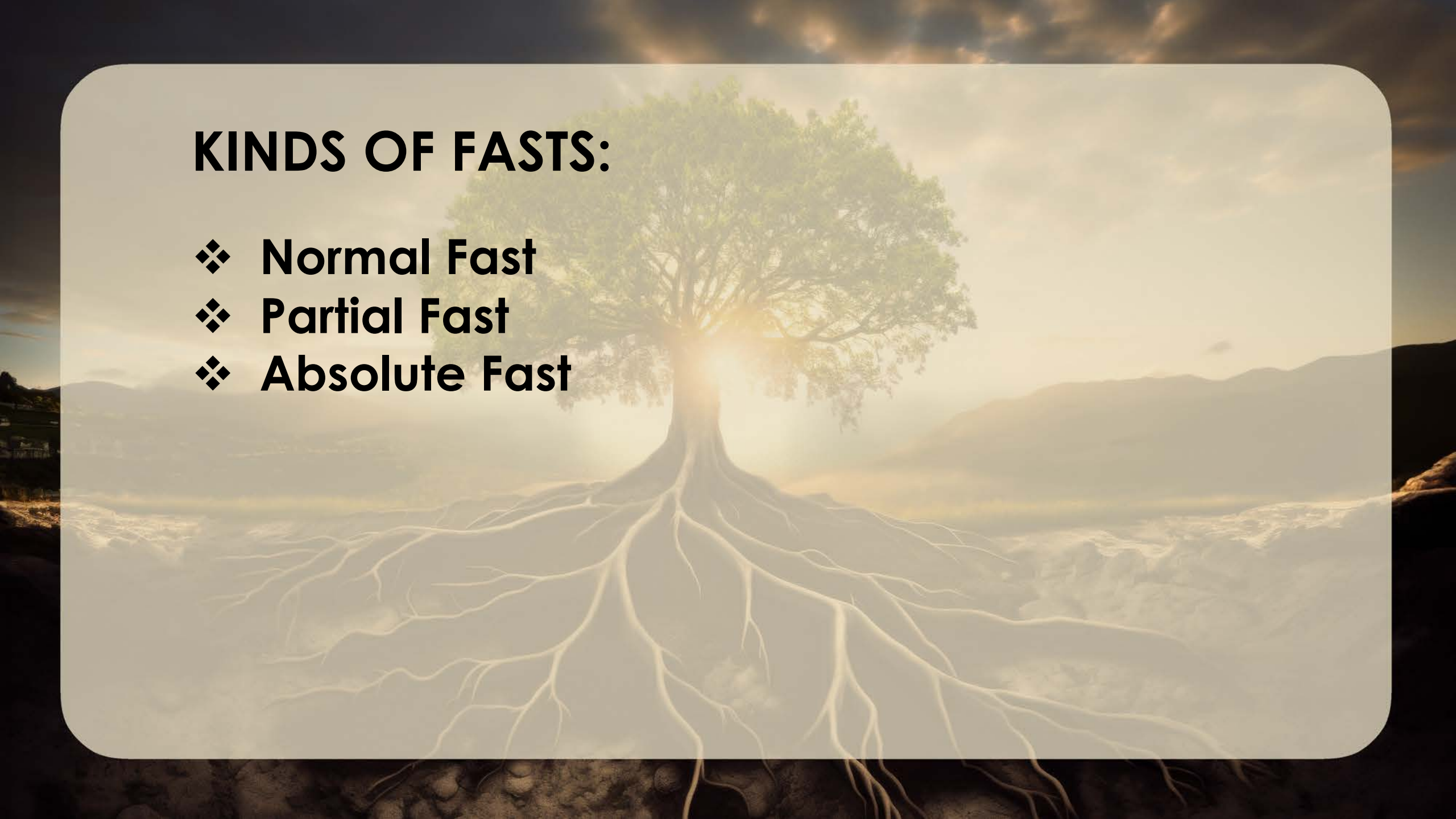
# KINDS OF FASTS:

- ❖ Normal Fast
- ❖ Partial Fast



# **KINDS OF FASTS:**

- ❖ **Normal Fast**
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- ❖ **Absolute Fast**



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# JESUS' TEACHINGS ON FASTING

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# **JESUS' TEACHINGS ON FASTING**

## ***Fasting is expected***

### **1. When fasting, don't try to show it**

**“<sup>16</sup> 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**

# JESUS' TEACHINGS ON FASTING

## *Fasting is expected*

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- 2. When fasting, do try to hide it**

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## *Fasting is expected*

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**2. When fasting, do try to hide it**

**“<sup>17</sup> But when you fast, anoint your head and wash your face, <sup>18</sup> 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 6:17-18**

# FAST WITH A PURPOSE

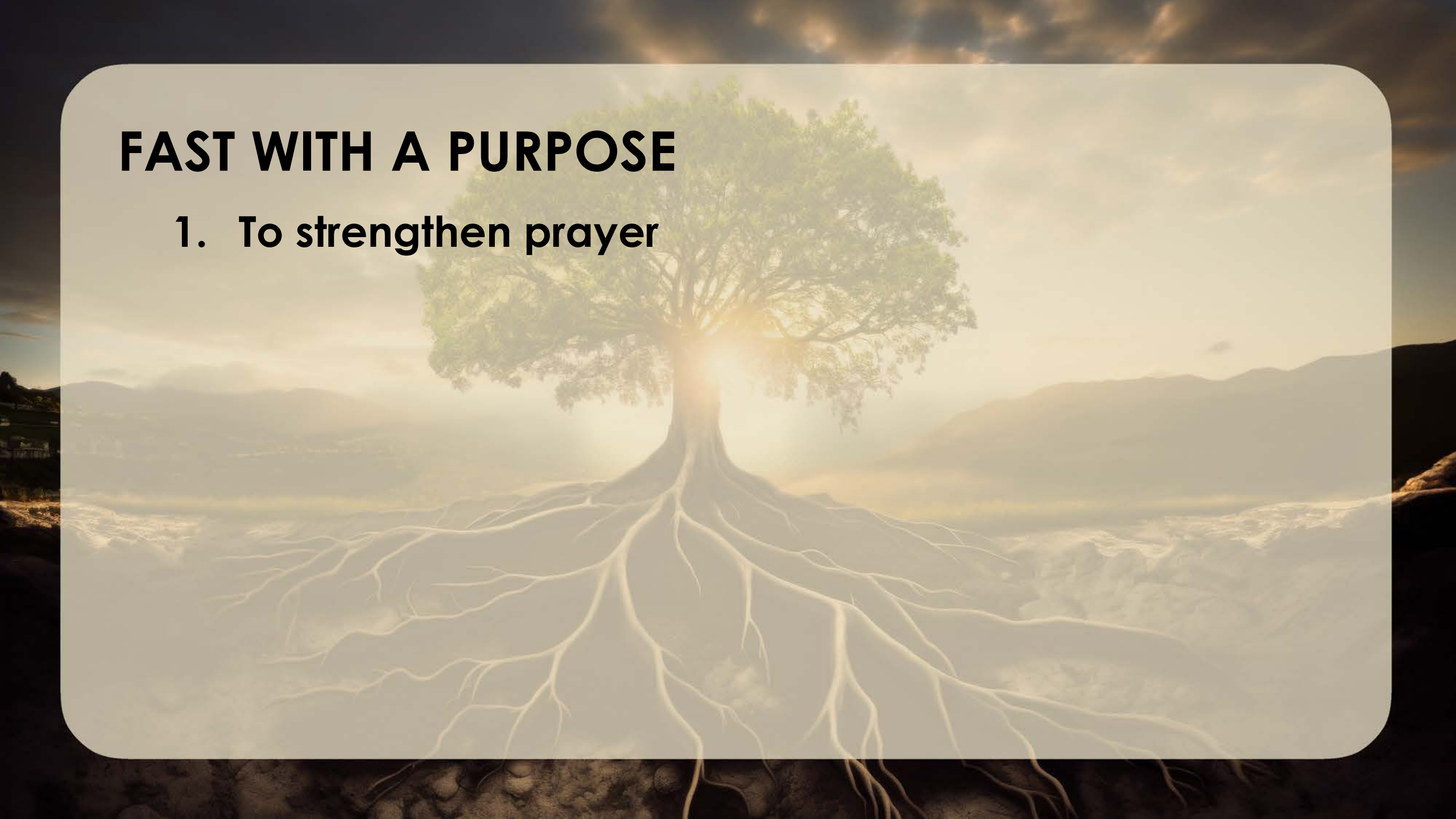
**“In real life, here’s how it works: as you are fasting and your head aches or your stomach growls and you think, *I’m hungry!* your next thought is likely to be something like, *Oh, right — I’m hungry because I’m fasting today.* Then your next thought should be, *and I’m fasting for this purpose:*”**

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**–Donald Whitney, “Spiritual Disciplines”**

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- 9. To overcome temptation and dedicate yourself to God**
- 10. To express love and worship to God**



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