



Series: How do WE walk with Christ? (04)

Title: Fasting and Feasting

Scripture: Matt. 9:14-17

How do I walk with Jesus?

- Reading the Word of God
- Praying from power
- Evangelizing anyone
- Singing for survival
- Sabbathing in and with Jesus
- Pleading/Picturing/Prizing/Preaching the blood of Jesus

How do WE walk with Jesus?

- Loving the people in our lives (Church family, family, world)
- Forgiving the people in our lives
- Gathering with other believers often (large group & small group)
- Fasting and Feasting

Big Idea: You cannot do life for Jesus without doing life with Jesus.

Truth: Transformation comes from living life with Jesus through applying ordinary means of grace by the Spirit of God.

Fasting in the Bible

Matthew 9:9-26:

9 "As Jesus passed on from there, he saw a man called Matthew sitting at the tax booth, and he said to him, "Follow me." And he rose and followed him.

10 And as Jesus reclined at table in the house, behold, many tax collectors and sinners came and were reclining with Jesus and his disciples. 11 And when the Pharisees saw this, they said to his disciples, "Why does your teacher eat with tax collectors and sinners?" 12 But when he heard it, he said, "Those who are well have no need of a physician, but those who are sick. 13

Go and learn what this means: 'I desire mercy, and not sacrifice.' For I came not to call the righteous, but sinners."

14 Then the disciples of John came to him, saying, "Why do we and the Pharisees fast, but your disciples do not fast?" 15 And Jesus said to them, "Can the wedding guests mourn as long as the bridegroom is with them? The days will come when the bridegroom is taken away from them, and then they will fast. 16 No one puts a piece of unshrunk cloth on an old garment, for the patch tears away from the garment, and a worse tear is made. 17 Neither is new wine put into old wineskins. If it is, the skins burst and the wine is spilled and the skins are destroyed. But new wine is put into fresh wineskins, and so both are preserved."

Why fast as a New Testament Christian?

We fast because we have tasted the kingdom of God already, and nothing else (food, sex, or even aspiritual discipline) will satisfy us.

What does New Testament fasting do?

- 1. Fasting reveals the power of God to us. (Mark 9)**
- 2. Fasting reveals the presence of God with us.**
It reveals the condition of our spiritual life to us.
- 3. Fasting reveals the pathway to abundance is abstinence.**

How should we fast?

- Choose a fast
- Choose a good attitude (**Matt. 6:16-18**)
- Choose to be with God instead of what you are fasting from
- Choose to be united with the family of God

What does New Testament feasting do? (Phil. 4:4-8)

- 1. Feasting reveals the enjoyment of the Lord and His family in us.**
- 2. Feasting displays the peace of God to others.**