

SPIRITUAL FORMATION | PRAYER + MEDITATION | **FASTING** | SIMPLICITY | WORD | CONFESSION | SOLITUDE + SILENCE | WORSHIP + CELEBRATION | SABBATH | SERVICE

RHYTHMS

SPIRITUAL RHYTHMS




Spiritual disciplines; holy habits

Participating with the Spirit, not performing

Training, not trying





“The needed change within us is God’s work, not ours. The demand is for an inside job, and only God can work from the inside. We cannot attain or earn this righteousness of the kingdom of God; it is a grace that is given.”

- **Richard Foster**, *Celebration of Discipline*

SPIRITUAL RHYTHMS



OUTWARD

PRAYER + MEDITATION

WORD

WORSHIP + CELEBRATION

CONFESSION

SERVICE

INWARD

FASTING

SIMPLICITY

SOLITUDE + SILENCE

SABBATH





**A regular rhythm of prayer and fasting
attunes us to God— His world, work and word.**



FASTING

FASTING

Abstaining from something essential, for the benefit of something spiritual.

A purposeful emptying, for the purpose of filling.

FASTING

IN THE BIBLE

Mentioned over 70 times

Commanded only once (Lev 23:27)

Assumed as part of a vibrant spiritual life

MATTHEW 4:1-4 NIV

Then Jesus was led by the Spirit into the wilderness to be tempted by the devil. ² After fasting forty days and forty nights, he was hungry. ³ The tempter came to him and said, “If you are the Son of God, tell these stones to become bread.” ⁴ Jesus answered, “It is written: ‘Man shall not live on bread alone, but on every word that comes from the mouth of God.’”

DEUTERONOMY 8:1-3 NIV

Be careful to follow every command I am giving you today, so that you may live and increase and may enter and possess the land the LORD promised on oath to your ancestors. ² Remember how the LORD your God led you all the way in the wilderness these forty years, to humble and test you in order to know what was in your heart, whether or not you would keep his commands. ³ He humbled you, causing you to hunger and then feeding you with manna, which neither you nor your ancestors had known, to teach you that man does not live on bread alone but on every word that comes from the mouth of the LORD.

FASTING



- REMINDS** Acknowledges our dependence on the Lord.
- FOCUSES** Creates space to hear the Lord’s voice.
- REVEALS** Reveals our false dependencies.



MATTHEW 6:16-18 NIV

“When you fast, do not look somber as the hypocrites do, for they disfigure their faces to show others they are fasting. Truly I tell you, they have received their reward in full. ¹⁷ But when you fast, put oil on your head and wash your face, ¹⁸ so that it will not be obvious to others that you are fasting, but only to your Father, who is unseen; and your Father, who sees what is done in secret, will reward you.

MATTHEW 6:16-18 NIV

“**When you fast**, do not look somber as the hypocrites do, for they disfigure their faces to show others they are fasting. Truly I tell you, they have received their reward in full. ¹⁷ But **when you fast**, put oil on your head and wash your face, ¹⁸ so that it will not be obvious to others that you are fasting, but only to your Father, who is unseen; and your Father, who sees what is done in secret, will reward you.



“God intends the discipline of the spiritual life to be for ordinary human beings: people who have jobs, who care for children, who must wash dishes and mow lawns. In fact, the disciplines are best exercised in the midst of our normal daily activities. If they are to have any transforming effect, the effect must be found in the ordinary junctures of human life: in our relationships with our husband or wife, our brothers and sisters, our friends and neighbors... the spiritual disciplines are intended for our good. They are meant to bring the abundance of God into our lives.”

- **Richard Foster**, *Celebration of Discipline*



MATTHEW 9:14-15 NIV

Then John’s disciples came and asked him, “How is it that we and the Pharisees fast often, but your disciples do not fast?”
¹⁵ Jesus answered, “How can the guests of the bridegroom mourn while he is with them? The time will come when the bridegroom will be taken from them; then they will fast.

MATTHEW 9:16-17 NIV

“No one sews a patch of unshrunk cloth on an old garment, for the patch will pull away from the garment, making the tear worse. ¹⁷ Neither do people pour new wine into old wineskins. If they do, the skins will burst; the wine will run out and the wineskins will be ruined. No, they pour new wine into new wineskins, and both are preserved.”

FASTING

Fasting does not make us more righteous.

Fasting does not make God hear us more.

HOW TO FAST



Out of **Response** and as a **Discipline**

Partial or **Total**



TYPES OF **FASTING**

Food, types of food, ...

Media, social media, ...

FREEDOM FROM



ANXIETY

MATERIALISM

ANGER

CONTROL

FAST FROM



SOCIAL MEDIA

ENTERTAINMENT

NEWS

FOOD

FIND



PEACE

CONTENTMENT

HEALTHY MOURNING

RELEASE



FREEDOM FROM



ANXIETY

MATERIALISM

ANGER

CONTROL

FAST FROM



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