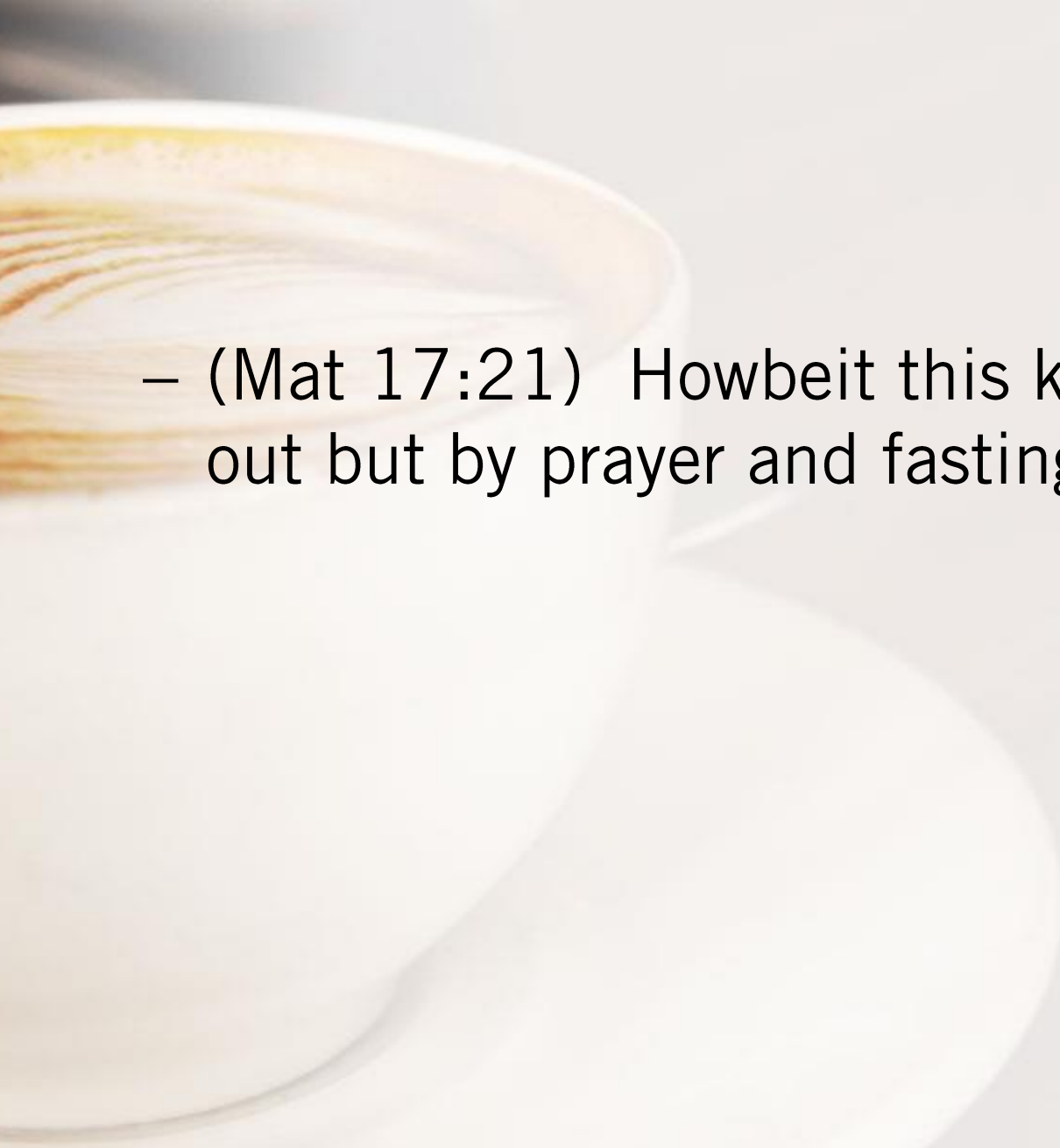





# Fasting: Thoughts on Fasting part 2



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- A close-up photograph of a white ceramic coffee cup filled with a latte, featuring intricate latte art. The cup sits on a matching white saucer. The background is a soft, out-of-focus light gray. The text is overlaid on the right side of the image.
- (Mat 17:21) Howbeit this kind goeth not out but by prayer and fasting.

- 
- (Col 3:2) Set your affection on things above, not on things on the earth.

# Jesus fasted in the wilderness

(Matthew 3:16) And when Jesus was baptized, immediately he went up from the water, and behold, the heavens were opened to him, and he saw the Spirit of God descending like a dove and coming to rest on him;

(Matthew 3:17) and behold, a voice from heaven said, "This is my beloved Son, with whom I am well pleased."

(Matthew 4:1) Then Jesus was led up by the Spirit into the wilderness to be tempted by the devil.

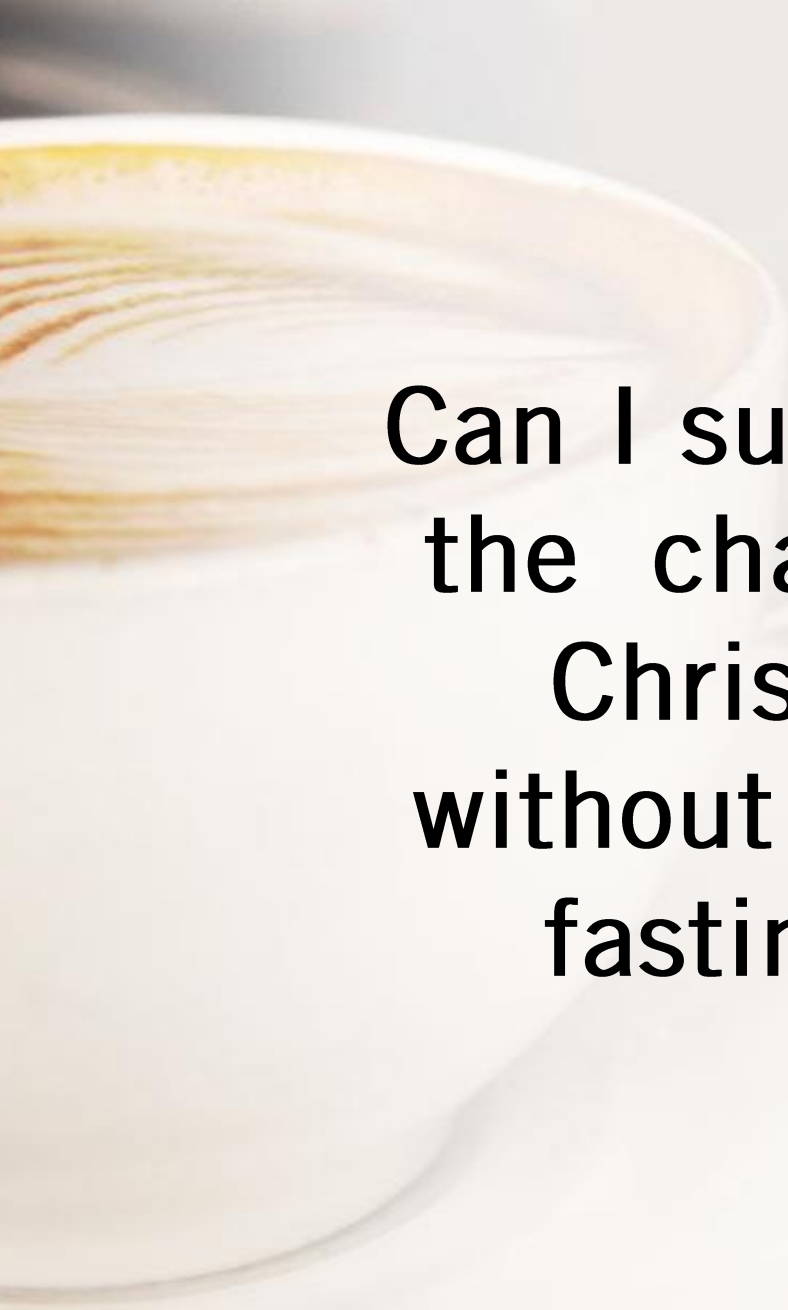
(Matthew 4:2) And after fasting forty days and forty nights, he was hungry.

(Matthew 4:3) And the tempter came and said to him, "If you are the Son of God, command these stones to become loaves of bread."

(Matthew 4:4) But he answered, "It is written, "'Man shall not live by bread alone, but by every word that comes from the mouth of God.'"

# Jesus identifies with God's people

- (Deuteronomy 8:2) And you shall remember the whole way that the LORD your God has led you these **forty years** in the **wilderness**, that he might humble you, testing you to know what was in your heart, whether you would keep his commandments or not.
- (Deuteronomy 8:3) 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**.

A close-up, slightly blurred image of a white ceramic coffee cup filled with a latte. The coffee has a light brown foam on top with intricate latte art patterns. The cup is set against a light, neutral background.

**Can I successfully face  
the challenges of my  
Christian calling  
without sharing in the  
fasting of Jesus?**

A close-up photograph of a white ceramic coffee cup filled with a latte, featuring intricate latte art. The cup sits on a matching white saucer. The background is a soft, out-of-focus light gray. The text 'Reasons I Fast' is overlaid in the center-right of the image.

# Reasons I Fast



A cup of coffee with latte art on a white saucer. The coffee is in a white cup, and the latte art is a light brown color. The cup is on a white saucer. The background is a light gray color.

# 1) Fasting: a double weapon

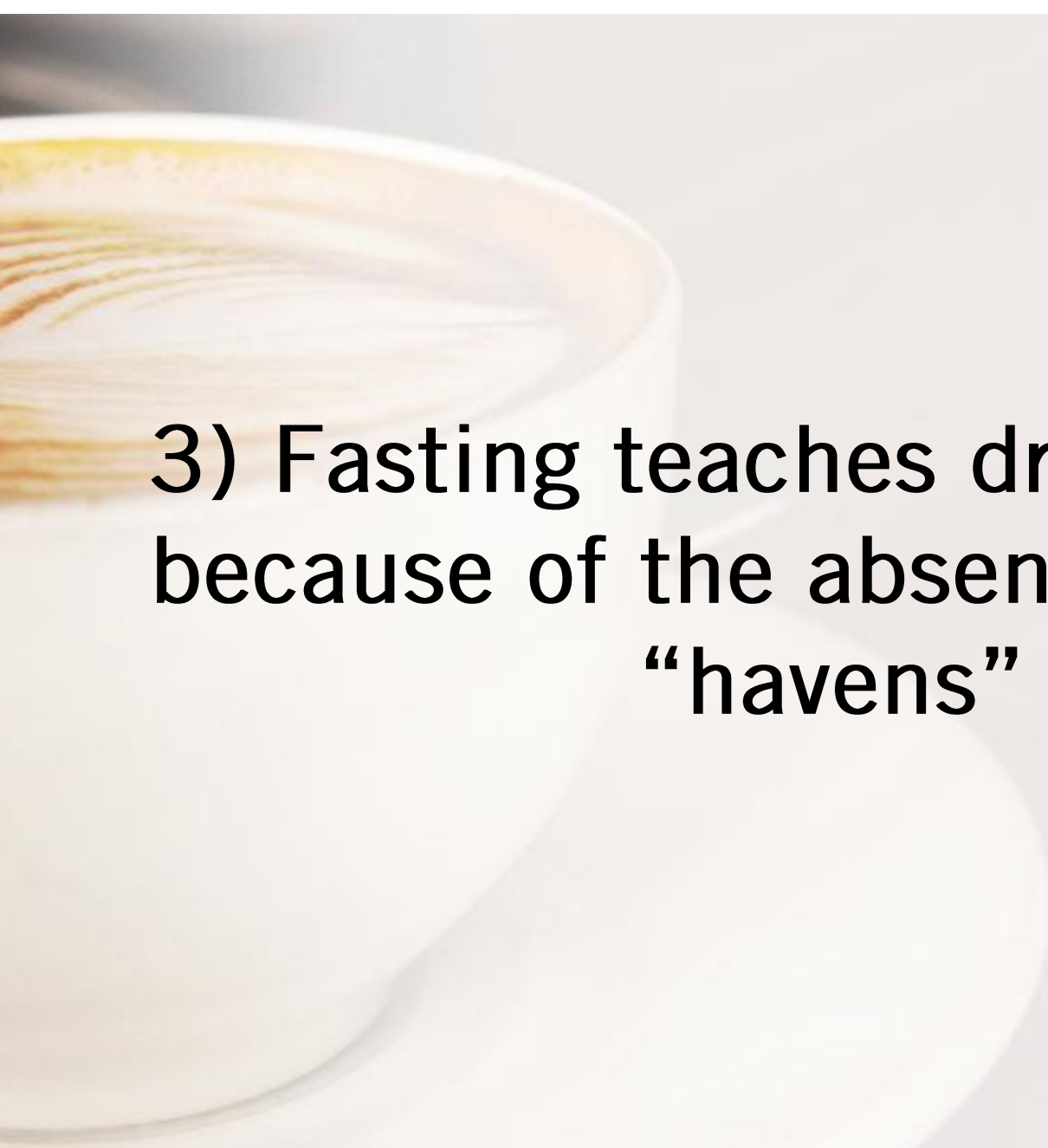
A) Preparation to conquer the enemy

B) A means to conquer Satan

## 2) Fasting produces humility

(Ezra 8:21) Then I proclaimed a fast there, at the river Ahava, that we might humble ourselves before our God, to seek from him a safe journey for ourselves, our children, and all our goods.

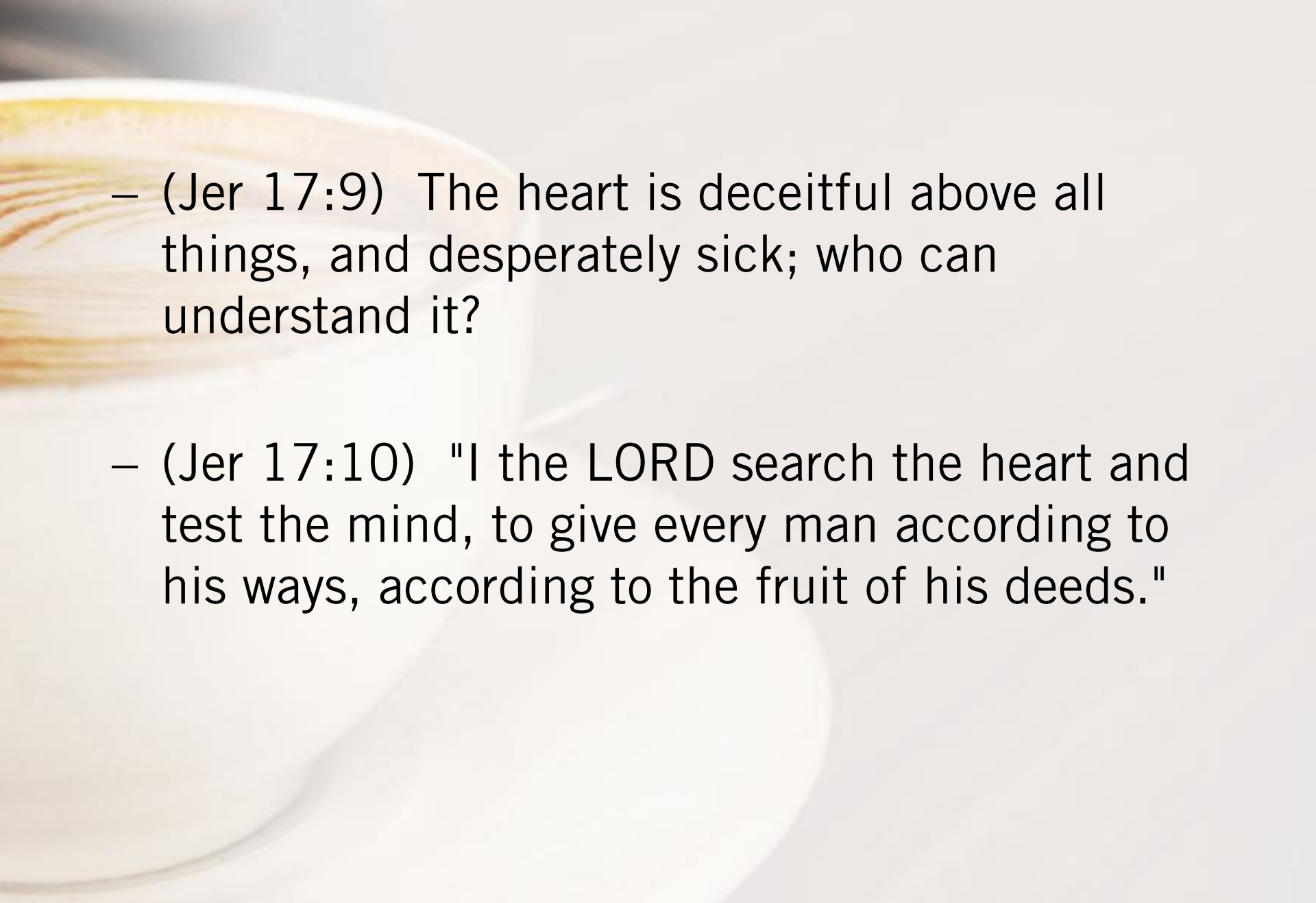
(Jas 4:6) But he gives more grace. Therefore it says, "God opposes the proud, but gives grace to the humble."

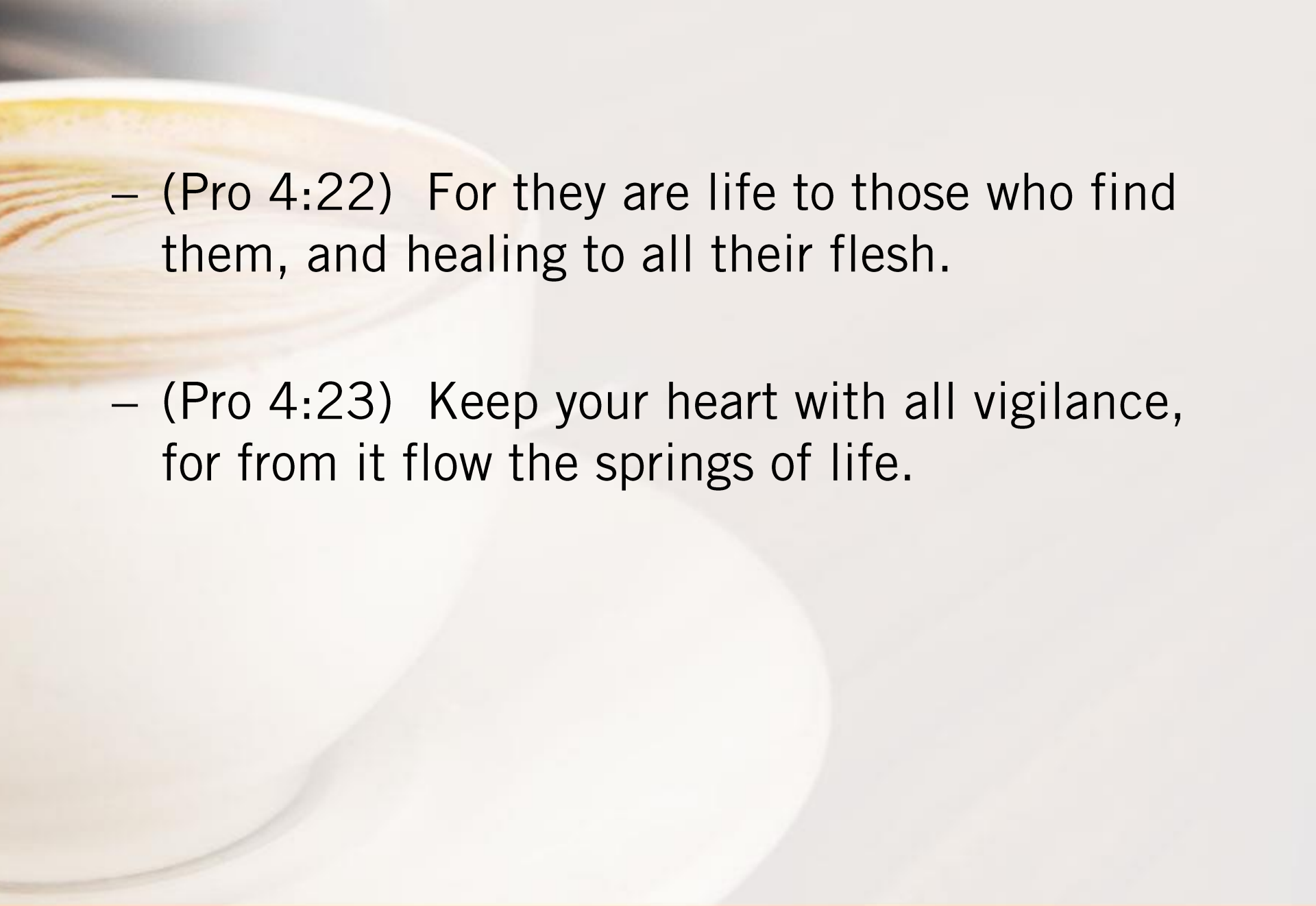


**3) Fasting teaches drawing near  
because of the absence of other  
“havens”**

A close-up photograph of a white ceramic coffee cup filled with a latte. The coffee has a thick layer of white foam with intricate brown latte art patterns on top. The cup sits on a matching white saucer. The background is a soft, out-of-focus light gray.

**4) Fasting shows me what  
controls me**


- 
- (Jer 17:9) The heart is deceitful above all things, and desperately sick; who can understand it?
  - (Jer 17:10) "I the LORD search the heart and test the mind, to give every man according to his ways, according to the fruit of his deeds."

- 
- (Pro 4:22) For they are life to those who find them, and healing to all their flesh.
  - (Pro 4:23) Keep your heart with all vigilance, for from it flow the springs of life.

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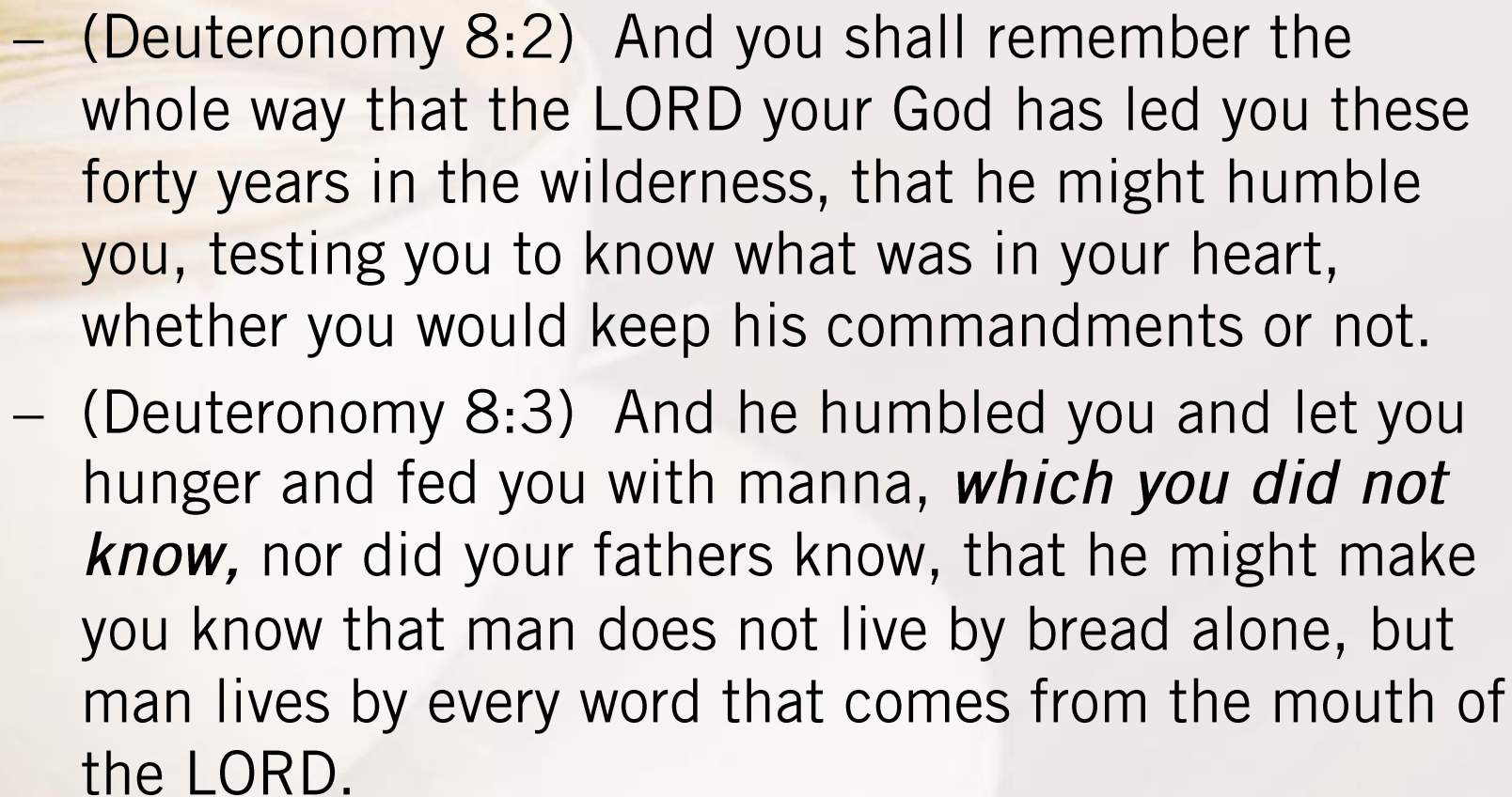
## 5) God gives direction in fasting

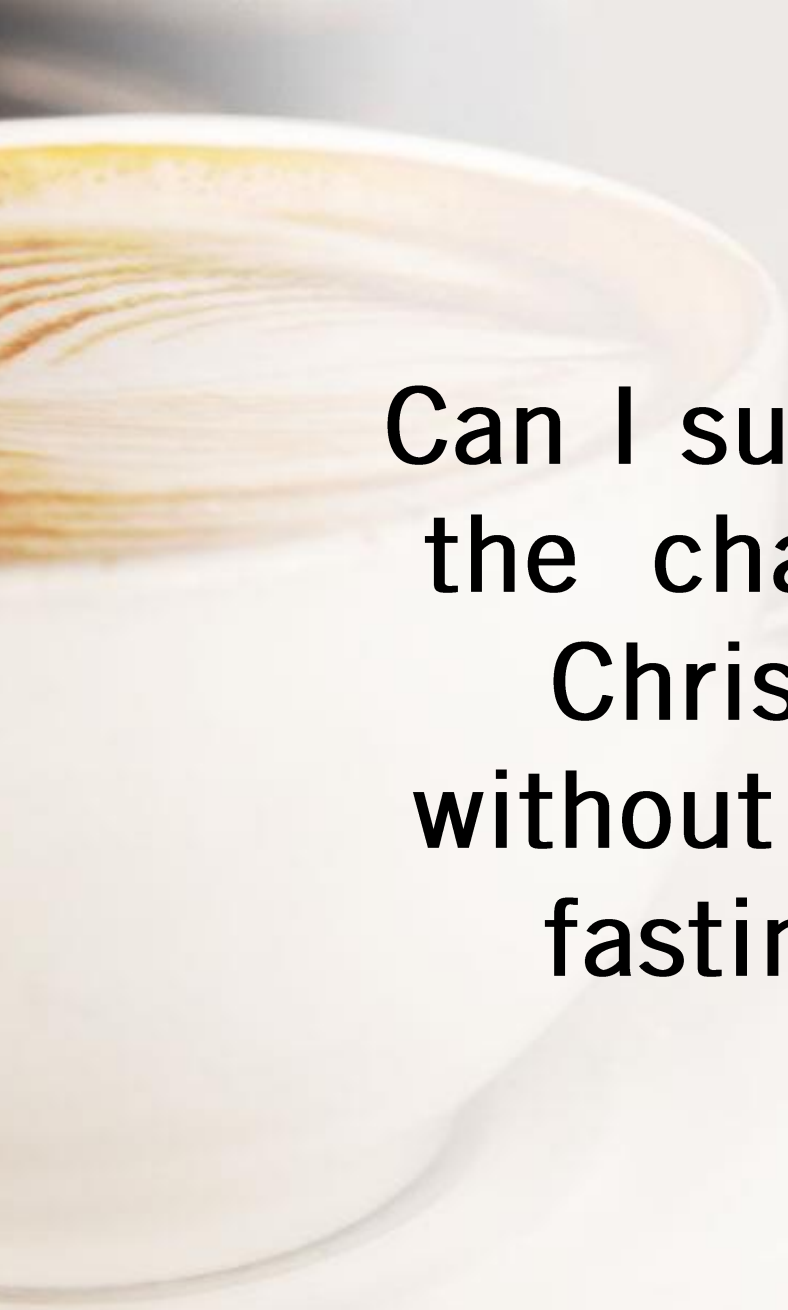
(Act 13:2) While they were worshiping the Lord and fasting, the Holy Spirit said, "Set apart for me Barnabas and Saul for the work to which I have called them."

A white ceramic cup filled with coffee, featuring a latte art design on the surface. The cup is placed on a matching white saucer. The background is a soft, out-of-focus light gray.

**6) Fasting connects me with  
spiritual resources**



- 
- (Deuteronomy 8:2) And you shall remember the whole way that the LORD your God has led you these forty years in the wilderness, that he might humble you, testing you to know what was in your heart, whether you would keep his commandments or not.
  - (Deuteronomy 8:3) 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.

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# What changed in me?

Fasting changed from duty to delight.