

# THRIVE

(Habits of Grace)

desert breeze  
community church



Saturday & Sunday, October 8/9, 2016 Ray Davis

## “Fasting” Matt6:16-18, 9:14-15

Few spiritual disciplines go so radically against our gluttonous and self-indulgent American culture like fasting. Yet, Jesus expected His followers to fast. Fasting is an exceptional way to rebel against the Spiritual status quo and to express our holy discontent in this fallen world. (Very helpful resources in this study: Donald Whitney—Spiritual Disciplines for the Christian Life; David Mathis—Habits of Grace)

### What Is Fasting?

- 1) It is the voluntary abstinence from food for Spiritual purposes.
- 2) Or it can be the abstaining from or denying yourself the enjoyment of something other than food. i.e. people, media, sports, hobby, from talking, from sleep, from sex, etc.
- 3) The reason might be that we sense the activity is exerting too much influence on our hearts or our time and we need to fast from it to regain a more biblical perspective.
- 4) Or it might be simply that we want the freedom to become more absorbed in a particular spiritual focus.

### Why Should We Fast?

- 1) To sharpen my affections for God. Acts13:2; Neh1:4; Dan9:3
- 2) To Seek God’s Guidance. Judges 20:26; Acts 14:23
- 3) To Express Grief. Judges 20:26; 1Sam20:34, 31:13; 2Sam1:11-12
- 4) To Seek Deliverance or Protection. 2Chro20:3-4; Ezra 8:21-23; Esther 4:16; Psalm 109:24
- 5) To express repentance and return to God. 1Sam7:6; Joel 2:12; Jonah 3:5-8
- 6) To Humble Oneself before God. 1Kings 21:27-29; Psalm 35:13; Luke 18:12
- 7) To Express concern for the Work of God. Neh1:3-4; Dan9:3
- 8) To Minister to the Needs of Others. Isa 58:3-7
- 9) To overcome Temptation & Dedicate Yourself to God. Matt4:1-11
- 10) It is a tool for enriching our enjoyment of Jesus. Luke 2:37; John6:5; Job23:12

## How Should We Fast?

- 1) Start small.
- 2) Plan what you will do instead of eating.
- 3) Consider how it will affect others.
- 4) Try different kinds of fasting.
- 5) Fast from something other than food.
- 6) Transpose your hunger pains into focused attention on Christ or a great cause.

**DBCC is built with this underlying conviction: Whatever the capacity for human sin and suffering the church has a greater capacity through the Gospel for healing and wholeness.** (Jn10:10; Rom1:16)

## DYTM 2.5 CAMPAIGN PURPOSE:

- ✓ To inspire db family to be more fully devoted to Christ in taking steps of faith in our Five G discipleship process.
- ✓ Together raising money for the purpose of development & enhancement of our church home to its fullest capacity to better reach seekers and build believers to full devotion to Jesus Christ.

## Growing Notes

- 1) What are the purposes of spiritual disciplines (habits of grace)? How are these habits of grace like Jacob wrestling with God (Gen32:26)? What are your thoughts on fasting?
- 2) Read Matthew 6:16-18, 9:14-15. What does the passage say (Observation)? What does the passage mean (Interpretation)?
- 3) What am I going to do about what the passage says and means (Application)? Answer the following questions by reviewing sermon notes: What is fasting? Why should we fast? How should we fast?
- 4) What were your thoughts and feelings of David Wilkerson’s Anguish video? Review the DBCC underlying conviction and campaign purpose. Would you be willing to fast one meal or TV, or etc. this week and ask God during that time to lead you into your next step in full devotion to Him and what role He wants you to play financially in our DYTM2.5 campaign? Pray.