

Spiritual Practices

3 – Becoming A Community Of Holiness In A Culture Of Indulgence And Immorality



Without holiness no one will see the Lord.

Hebrews 12:11-17



We are apprenticing
under Jesus.

BE

BECOME

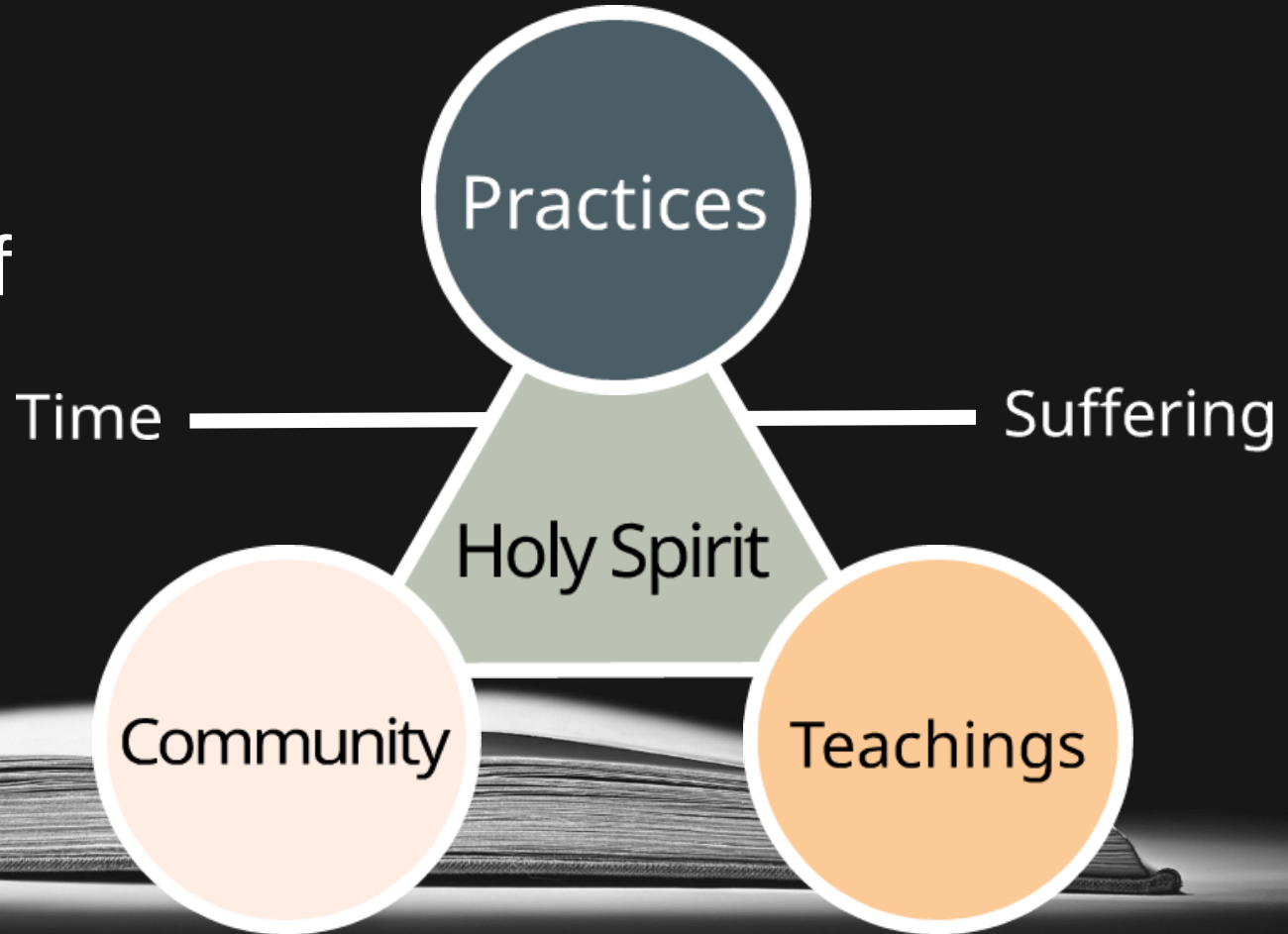
DO



What Transforms Me?

Be **transformed**
by the renewing of
your mind

Romans 12:2



Transformed to be like Jesus through the practice of Fasting



When you fast... your Father, who sees what is
done in secret, will reward you.

Matthew 6:16-18



“I fear there are now thousands of Methodists...
who following the same bad example,
have entirely left off fasting;
who are so far from fasting twice a week...
that they do not fast twice in the month!”

John Wesley

(1703-1791)



Jesus answered, “It is written: ‘Man shall not live on bread alone, but on every word that comes from the mouth of God.’”

Matthew 4:4



As in the physical, so in the spiritual.



Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your ***bodies*** as a living sacrifice, holy and pleasing to God – this is your true and proper worship.

Romans 12:1



Then Jesus said to his disciples, “Whoever wants to be my disciple must deny themselves and take up their cross and follow me.

Matthew 16:24



When we eat:

0 – 16 hrs	Glycolysis	Sugar & Carbs
16 – 24 hrs	Ketosis	Fats
24 + hrs	Autophagy	Old/Damaged Cells



“Fasting certainly bring benefits to physical well-being, but for believers it is, in the first place, a “therapy” to heal all that prevents them from conformity to the will of God”

Pope Benedict



“Restrain from Gluttony and thou shalt the more easily restrain all the inclinations of the flesh”

Thomas a Kempis



While they were worshipping the Lord and fasting, the Holy Spirit said, “Set apart for me Barnabas and Saul for the work to which I have called them.” So after they had fasted and prayed, they placed their hands on them and sent them off.

Acts 13:1-3



“I’m able to gain perspective on how unbalanced is the amount of time, energy and effort that I put into my body and into my spirit... When we choose to sacrifice a need of the body to place more importance on a need of the spirit, God Himself sits up and takes notice. The heavens are opened to us in a way that might not have otherwise been”

Priscilla Shirer



“Even now,” declares the Lord,
“return to me with all your heart,
with fasting and weeping and mourning.”

Joel 2:12



“You will seek me and find me
when you seek me with all your heart.”

Jeremiah 29:13



Questions for reflection:

- 1) How often do I fast?
- 2) What's my greatest challenge in fasting?
- 3) What area in life do I need particular direction, discernment and/or breakthrough?

