

The background is a landscape of rolling mountains under a warm, orange-hued sky. In the lower right, a small silhouette of a hiker with a backpack and a walking stick is visible on a ridge. A central graphic consists of a hexagon formed by six white lines, with various icons at its vertices: a green cross at the top, a purple heart above hands at the top right, a white open book at the bottom right, an orange praying hands icon at the bottom, a yellow mountain range at the bottom left, and a purple hands icon at the top left.

TRAIN

REST — RENEW — REACH

Fasting

What, Why and When?



Matthew 7:9-11

Which of you, if his son asks for bread, will give him a stone? Or if he asks for a fish, will give him a snake? So if you who are evil know how to give good gifts to your children, how much more will your Father in heaven give good things to those who ask Him!



Food is good!



What is fasting?

Fasting = not eating food, for God



Personal Question

How do you solve problems?



**How do
you solve
problems?**

Rely on yourself

Rely on God



Colossians 2:6

So then, just as you received Christ Jesus as Lord, continue to live your lives in Him



John 15:5

I am the vine; you are the branches. If you remain in me and I in you, you will bear much fruit; apart from me you can do nothing.



Colossians 1:28-29

We proclaim Him, admonishing and teaching everyone with all wisdom, so that we may present everyone perfect in Christ. To this end I strenuously contend with all the energy Christ so powerfully works in me.



John 6:29

Jesus answered, “The work of God is this, to believe in the one He has sent.”



What is fasting?

Fasting = not eating food, for God

Fasting = choosing to seriously rely on God



Zechariah 4:6

So he said to me, “This is the word of the LORD to Zerubbabel: ‘Not by might nor by power, but by my Spirit,’ says the LORD Almighty.”



1 John 5:21

Dear children, keep yourselves from idols.



1 Corinthians 12:9

But he said to me, “My grace is sufficient for you, for my power is made perfect in weakness.” Therefore I will boast all the more gladly about my weaknesses, so that Christ’s power may rest on me.



Why fast?

Fasting creates a ...

- 1. Commitment**
- 2. Focus**
- 3. Constant Reminder**
- 4. Sacrifice**



**How do
you solve
problems?**

~~**Rely on yourself**~~

Rely on God

All the time!



1 Thessalonians 5:17

Pray continually



When to fast?

**Fast when you are choosing to
seriously rely on God**



Matthew 6:16-18

When you fast, do not be somber like the hypocrites, for they disfigure their faces to show men they are fasting. Truly I tell you, they already have their full reward.

But when you fast, put oil on your head and wash your face, 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.



Personal Question

What's serious enough to fast?

