



# Fasting

*Developing a Hunger  
for God*



**Then Jesus was led by the Spirit into the wilderness to be tempted by the devil.**

**After fasting forty days and forty nights, He was hungry. The tempter came to Him and said, “If You are the Son of God,**



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





Apple



Where music plays.



Apple



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# What is fasting?



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The **NEW ENGLAND**  
**JOURNAL** of **MEDICINE**



# What is fasting?

*Fasting is the denial of a physical hunger for the things of this world in order to cultivate a spiritual hunger for the things of God.*



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# What is fasting?

# Why should we fast?



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# What is fasting?

## Why should we fast?

- *Because Jesus Fasted*



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# What is fasting?

## Why should we fast?

- *Because Jesus Fasted*
- *Because Jesus Assumed We Would Fast*



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# Matthew 6



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# Matthew 6

*vs. 2 – “When you give...”*



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# Matthew 6

*vs. 2 – “When you give...”*

*vs. 5 – “When you pray...”*





# Matthew 6

*vs. 2 – “When you give...”*

*vs. 5 – “When you pray...”*

*vs. 16 – “When you fast...”*





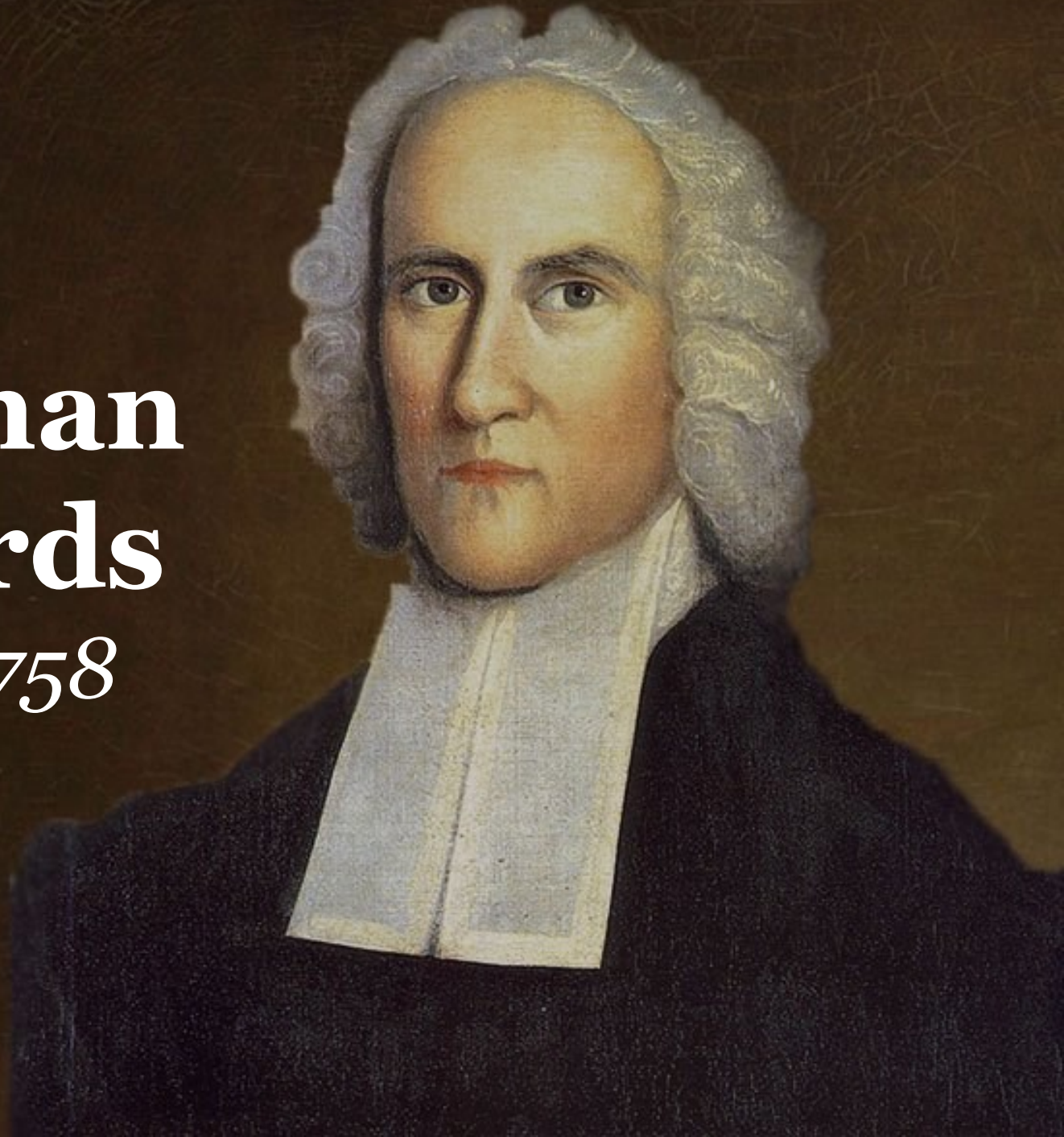


**Bill  
Bright**  
*1921 - 2003*



# Jonathan Edwards

*1703 - 1758*







**John  
Wesley**  
*1703 - 1791*





**Martin  
Luther**  
*1481 - 1546*



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## Why should we fast?

- *Because Jesus Fasted*
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# What is fasting?

## Why should we fast?

- *Because Jesus Fasted*
- *Because Jesus Assumed We Would Fast*
- *Because We Long for Jesus to Return*



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**“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 9:15*



# What is fasting?

## Why should we fast?

- *Because Jesus Fasted*
- *Because Jesus Assumed We Would Fast*
- *Because We Long for Jesus to Return*



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**What is fasting?**

**Why should we fast?**

**What does fasting  
accomplish?**





A black and white portrait of Jeremiah Lanphier, a man with short dark hair, wearing a dark suit jacket, a white shirt, and a dark bow tie. He is looking slightly to the right of the viewer.

**Jeremiah  
Lanphier**  
*1809-1898*



1857 NEW YORK : LAYMAN'S REVIVAL



ARCHIVE

1904

WISCONSIN REVIVAL

1906

AMHERST COLLEGE REVIVAL

1906  
AMHERST COLLEGE REVIVAL

1857  
NEW YORK REVIVAL

1857  
NEW YORK REVIVAL

1857  
NEW YORK REVIVAL

1949

1949  
NEW YORK REVIVAL





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# **BROKEN WALLS**

**The Book of Nehemiah**

**FEBRUARY 2020**

**Church-Wide**

**Prayer & Fasting**







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