

**“But you,
when you
fast, anoint
your head and
wash your
face”**

Matthew 6:17



WHY DO WE FAST?

1. Regaining authority
2. Building the Spiritual Experience
3. Winning Favor with God
4. Imitation of the Lord Christ
5. The Accepted Offering
6. The Fellowship with the Church
7. Running the Race with Endurance



I. REGAINING AUTHORITY ⁽¹⁾

- Adam while abstaining had authority over the creation
- Over my own body:
“But I discipline my body and bring *it* into subjection, lest, when I have preached to others, I myself should become disqualified” ¹

Cor. 9: 27



I. REGAINING AUTHORITY (2)

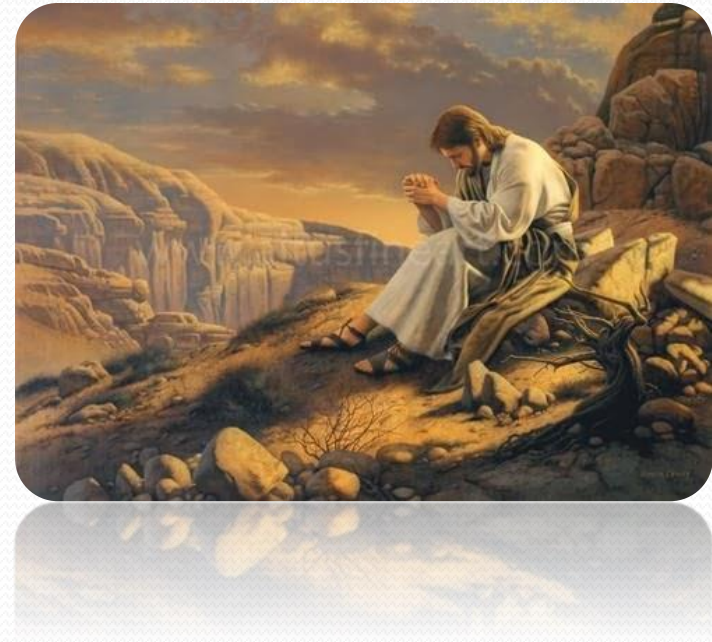
- Over demons:
“This kind can come out by nothing but prayer and fasting.”

Mark 9:29



II. BUILDING THE SPIRITUAL EXPERIENCE ⁽¹⁾

- The experience that man doesn't live by bread alone
- The spiritual joy that comes from rejecting the pleasures of this world
- The storage of prayers, readings, and ascetic practices

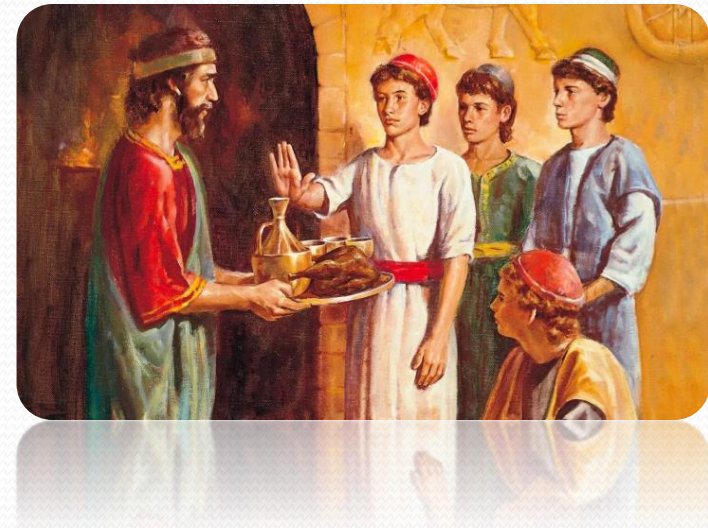


II. BUILDING THE SPIRITUAL EXPERIENCE ⁽²⁾

- To be content under any circumstances: “Everywhere and in all things I have learned both to be full and to be hungry, both to abound and to suffer need”

Philippians 4:12

- Daniels’ experience with fasting



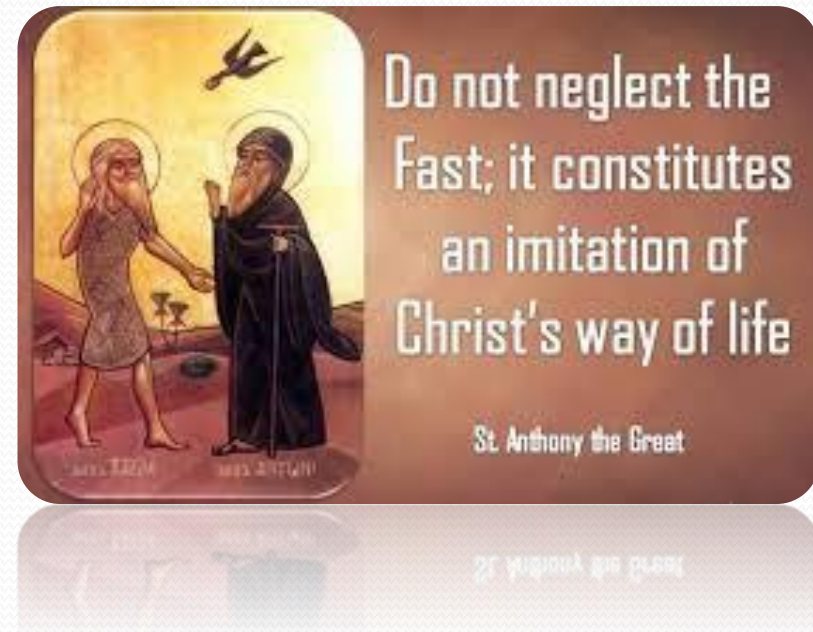
III. WINNING FAVOR WITH GOD

- The fasting by Queen Esther and her people
- The fasting of the Ninevites
- Nehemiah's fasting before talking with the king
- Cornelius' fasting and prayers



IV. IMITATION OF THE LORD CHRIST

- “He who says he abides in Him ought himself also to walk just as He walked” *1 John 2:6*
- “... if indeed we suffer with *Him*, that we may also be glorified together” *Romans 8:17*



V. THE ACCEPTED OFFERING (1)

- “I beseech you therefore, brethren, by the mercies of God, that you present your bodies a living sacrifice, holy, acceptable to God, *which is your reasonable service*” *Romans 12:1*



V. THE ACCEPTED OFFERING (2)

- Fasting is an essential part of all of the church worship before partaking of the Mystery of the Eucharist or receiving the Holy Baptism



VI. THE FELLOWSHIP WITH THE CHURCH (1)

- “...that which we have seen and heard we declare to you, that you also may have fellowship with us; and truly our fellowship *is* with the Father and with His Son Jesus Christ” *1 John 1:3*



VI. THE FELLOWSHIP WITH THE CHURCH (2)

- The importance of participating in the practice of fasting to be able to receive “Communion” as a member in the Body of Christ



VII. RUNNING THE RACE WITH ENDURANCE

- It's my responsibility in the battle against sin
- “And everyone who competes for the prize is temperate in all things”

1 Cor. 9:25

- It's the declaration of my seriousness in the pursuit of holiness

