

Fasting and Fresh Encounters

THE WAY WEEK 5 | DAVE D'ANGELO

Hangry: state of anger caused by a lack of food. It may evoke negative change in emotional state.

→ There is a connection between need and transformation.

Spiritual disciplines lead us to our need:

- Scripture reminds us we aren't that wise, and we need God's wisdom.
- Service helps us understand we can't do anything to make us great, but greatness is found in the Kingdom when we humble ourselves and serve.
- Generosity pushes us to allow God to be our provider and sustainer.

In God's Kingdom the dependent version of us is the best version of us.

- Abide in me...for apart from me you can do nothing. John 15:4-5

Jesus and Fasting:

- Jesus fasted.
- Jesus expects His followers to fast.
- Fasting is not for a public show.
 - Matthew 6:16-18
- Jesus tells us that God rewards fasts (but heart motives matter).
 - God rewards fasting when the earthly outcomes we seek line up with Heavenly purposes.

What kind of fasting does God reward?

Isaiah 58:3

Why have we fasted, and you see it not? Why have we humbled ourselves, and you take no knowledge of it?

Isaiah 58:6-7

Is this not the fast that I choose: to **loose the bonds of wickedness**, to undo the straps of the yoke, to **let the oppressed go free**, and to break every yoke? Is it not to share your bread with the hungry and bring the homeless poor into your house; when you see the naked, to cover him, and not to hide yourself from your own flesh?

→ God's explanation is the gospel.

Isaiah 61:1-3

The Spirit of the Lord God is upon me, because the Lord has anointed me to bring good news to the poor; he has sent me to bind up the brokenhearted, to proclaim liberty to the captives, and the opening of the prison to those who are bound; to proclaim the year of the Lord's favor, and the day of vengeance of our God; to comfort all who mourn; to grant to those who mourn in Zion—to give them a **beautiful headdress instead of ashes**, the oil of gladness instead of mourning, the **garment of praise instead of a faint spirit**; that they may be called **oaks of righteousness**, the planting of the Lord, that he may be glorified.

→ The most beautiful reward of fasting (praying with our bodies) is a fresh encounter of the gospel.

Isaiah 58:8

Then your light will break forth like a dawn in early morning. Dawn breaks forth and healing springs up speedily.

Fasting rewards us with a fresh encounter of the gospel by:

- 1. Exposing our weaknesses—we are incapable of saving ourselves on our own and we need an outside force to rescue us.**
 - a. For all have sinned and fall short of the glory of God. Romans 3:23

2. Exposing idols—lesser loves we have attached ourselves to (money, power, pleasure, prestige)

- a. The gospel leads us to repentance.
- b. Romans 5:8, Romans 6:23
- c. “Fasting is God’s testing ground—and healing ground. Will we murmur as the Israelites murmured when they had no bread? Will I leave the path of obedience and turn stones into bread? Or will we ‘live by every word that proceeds out of the mouth of God?’ Fasting is a way of revealing to ourselves and confessing to God what is in our hearts.” – John Piper

3. Moving us toward compassion

- a. Compassion means to co-suffer.
- b. When we experience suffering, we notice the suffering of others and do something about it.
- c. For “everyone who calls on the name of the Lord will be saved.” How then will they call on him in whom they have not believed? And how are they to believe in him of whom they have never heard? And how are they to hear without someone preaching? Romans 10:13-14

the way.

DOING WHAT JESUS DID