

PRAYER AND FASTING

**Face to Face
With
God**

14 Then John's disciples came and asked him, How is it that we and the Pharisees fast, but your disciples do not fast?

15 Jesus answered, 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.

16 No-one sews a patch of unshrunk cloth on an old garment, for the patch will pull away from the garment, making the tear worse.

17 Neither do men pour new wine into old wineskins. If they do, the skins will burst, the wine will run out and the wineskins will be ruined. No, they pour new wine into new wineskins, and both are preserved.

Matt 9:14 -17

1.

**FASTING IS THE EXPRESSION
OF A HEART THAT YEARNNS
FOR MORE OF GOD.**

The heart of Christian fasting is not a self wrought discipline that tries to manipulate and deserve more from God. It is a greater hunger for God, awakened by the taste of God

– John Piper –

2.

**FASTING MASTERS OUR DESIRE
FOR OTHER THINGS**

John Piper

‘Anything can stand in the way of true discipleship, not just food. The greatest competitors can be His most precious gifts.’

‘The weakness of our hunger for God, is not because He is unsavoury but because we keep our selves stuffed with other things.’

‘The most deadly appetites are not the poison of evil, but the simple pleasures of earth. For when these replace an appetite for God Himself, the idolatry, is scarcely recognizable, and almost incurable.’

3.

IT IS NOT JUST ABOUT FOOD

4.

FASTING KEEPS YOU SHARP AND ALERT

‘ I don’t know about you, but I am running hard for the finish line. I’m giving it everything I’ve got. No sloppy living for me! I’m staying alert and in top condition. I’m not going to get caught napping, telling everyone else about it and then missing out myself’ – 1 Cor 9:24 Message

5.

FASTING CAUSES YOU TO FACE ISSUES

**Richard Foster – we cover up what is inside
us with food and other things**