



## **Experience 04: Fasting**

Thursday, January 14, 2021

---

Matthew 4:1-4

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

(NIV)

Did you catch that? The verse we just read said, after not eating for 40 days or nights, that Jesus was hungry. You think?

Fasting- what comes to your mind when you hear that word? Go ahead and write that down in your journal- I'll wait.

Fasting can often be a mysterious or intimidating practice. A friend of mine, Alan Heller, says this about Fasting: *"The practice of fasting was used by many people throughout biblical history as a way to petition God. Today, we must be intentional about seeking the Lord and making a bit more space for him in our busy lives. Fasting is one way to do that."*

Alan is an amazing counselor and has lots of resources you could check through his ministry Walk and Talk <https://walkandtalk.org>

More from Alan: *Fasting is a chosen abstinence for a spiritual purpose. While some people fast for health reasons, we are talking about a fast for spiritual reasons. Some people will fast from food. Some choose to fast from all food for a period of time (one day, many days, one meal a day, etc.). Some fast from certain foods (meats, sugars, gluten, etc.). Fasting is used as way of sacrificing something important to you in order to achieve a larger purpose.*

Are you willing to experience Fasting over these 40 days? It's ok if the answer today is no. But what if you could try it? What would be different in your life if you could be more intentional about seeking God and make more space for Him in your mind and heart?

## **Actions to take**

- In your journal spend a couple of minutes writing about either your experiences or current thoughts about Fasting.
- Spend 2 or 3 minutes asking God to help you grow in this practice of "chosen abstinence for a spiritual purpose."
- Look at your schedule for the next few days. Find a mealtime that you could skip eating and put Fasting in your calendar. I recommend a breakfast or lunch.
- When that time comes instead of eating find a place where you can connect with God. Maybe listen to some praise and worship music. Read a couple of chapters of Psalms. Try to slow down your mind and heart- write in your journal any thoughts or questions this time brought to mind.