

"Food for the Soul"



FASTING

Isaiah 58, Mark 2, Psalm 63

"Food for the Soul"

Right & Wrong Motives (Isaiah 58)

- A time to boast? (vs. 1-5)
- A time to share (vs. 6-10)
- A time to be guided/satisfied (vs. 11-12)

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Feast or Famine? (Mark 2)

- A time of rebuke (v. 18)
- A time of response (vs. 19-21)
- A time to 'drink' of Christ's presence (v. 22)

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Persistent Pursuit of God (Psalm 63)

- A time of thirsting for God (v. 1)
- A time of inward renewal (vs. 3-4)
- A time of "soul satisfaction" (vs. 5,8)



"Food for the Soul"

"Christian fasting, at its root, is the hunger of a homesickness for God."

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"Half of our Christian fasting is that our physical appetite is lost because our homesickness for God is so intense. The other half is that our homesickness for God is threatened because our physical appetites are so intense."

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"Christian fasting is not only the spontaneous effect of a superior satisfaction in God; it is also a chosen weapon against every force in the world that would take that satisfaction away."

"Food for the Soul"

A still life arrangement of a plate, fork, knife, and spoon. The word "FASTING" is written in bold, black, capital letters across the center of the plate. The background is dark and textured, with faint, repeating patterns of the word "FASTING" and other text.

FASTING

May God give us a
"homesickness" and an
"appetite" for Him!