



Series: Pathways: Practices for Spiritual Transformation
Message: Fasting & Self Denial
Date: February 2–3, 2008
Speaker: Pastor Steve Harling

Fasting is...

...deliberately choosing to let go of an appetite and deny a craving as an act of spiritual consecration and worship.

For the grace of God that brings salvation has appeared to all men. It teaches us to say "No" to ungodliness and worldly passions, and to live self-controlled, upright and godly lives in this present age, while we wait for the blessed hope—the glorious appearing of our great God and Savior, Jesus Christ, who gave himself for us to redeem us from all wickedness and to purify for himself a people that are his very own, eager to do what is good.

Titus 2:11–14 (NIV)

When we fast...

- We deepen our understanding of how Jesus gave up everything—even his life—for us
- We expose the quick fixes that we use to gain a sense of inner comfort and peace
- We test our belief that God is enough for us
- We create space to hear from God and offer him our undivided attention
- We remind ourselves that we have been crucified with Christ

When fasting...

- Add something
- Lean on one another

As an act of worship and consecration, what desire, craving, appetite, addiction, habit, or indulgence are you prepared to lay aside for Lent?