



SUNGAI WAY-SUBANG METHODIST CHURCH

SPIRITUAL
DISCIPLINE:

FASTING

GOH POH GAIK | 9 AUG 2020





BWJ Readings on SPIRITUAL DISCIPLINES

- Meditation & Scripture Memory
- Fasting
- Simplicity

SPIRITUAL DISCIPLINES

are practices, habits of devotion, found in Scripture that **promote spiritual growth** among believers.



6 Key Points about Spiritual Disciplines

1. Personal and Interpersonal
 - to practise alone & to practise with other Christians eg Prayer
2. They are activities, things you do.
 - read the Bible, pray etc
3. They are practices taught or modelled in the Bible; not just anything is a spiritual discipline.



The **GOAL** of Spiritual Disciplines is not the **DOING** but the **BEING** – being with Jesus, being like Jesus.

The Biblical way is through **rightly motivated doing** of the Biblical spiritual disciplines.

KEY VERSE

“...train yourself to be godly”
(1Tim 4:7b)



4. The spiritual disciplines found in Scripture are sufficient to grow in Christlikeness.
5. They are derived from the Gospel, not divorced from the Gospel.
6. Spiritual disciplines are means and not ends.
The end, the purpose of practising the disciplines is godliness.

Don Whitney

(Spiritual Disciplines for the Christian Life)



Pitfalls

- change them into law
- collect brownie points
- centre on the disciplines rather than on the Lord

FASTING



Fasting : abstain from all or some kinds of food or drink, especially as a religious observance.

What thoughts/words come to your mind when you hear the word “fasting”?

Ugh!

O yea!

Hungry!

Goodbye food, glorious food!

I'll think about it!

People fast for different reasons

- Protestors
- Health enthusiasts
- Dieters
- Adherents of different religions



As a Spiritual Discipline

1. Fasting is a temporary renunciation of something that is in itself good, like food, in order to intensify our expression of need for something greater, namely, God and His work in our lives.
2. Biblical fasting is meant to be time taken from the normal routines of preparing and eating food to express humility and dependence on God during a time of prayer.



1. HUNGER

Moving from the shallows into the deep

Physical Hunger – hungry for food

- Are you afraid of being hungry?
- MCO stock ups
- Physical hunger drives us to food
- Overfeeding leads to indulgence



Spiritual Hunger – Hungry for God

- Have you felt spiritual hunger?
- The Holy Spirit stirs the hunger to know God
- Psalm 42:1,2

*As the deer pants for streams of water,
so my soul pants for You, O God.
My soul thirsts for God, for the living God,
when can I go and meet with God?*

- Spiritual hunger drives us to God
- Spiritual disciplines are the means to seek God.
- Taming of the belly and the palate shifts our focus



Make a Start

1. Start small – one meal a day
2. Adjust food intake (health)
3. Allow time to declutter/clear chaos
4. Read the Bible, pray
5. Record
6. DIY Retreat Guide during the pandemic, ICM, TRAC



2. HUMILITY

Our frailty, His power

- Ezra 8:21-23 – Ezra proclaimed a fast
Humble ourselves
 - 2 Chrn 20:1-12 – Jehoshaphat proclaimed a
fast for all Judah
- **“We have no power” (v 12)**
- There’s a limit to what we can do.
 - **There’s no limit to what God can do.**



- **“We do not know what to do.” (v12)**
 - There’s a limit to what we know.
 - **There’s no limit to what God knows.**

- **“Our eyes are upon You.” (v12)**
 - Our frailty, His strength & majesty.
 - Family Fasts



3. HYPOCRITE

Don't be a hypocrite

- Math 6:16-18 – Don't fast for men's praise
- Zech 7:1-10 – Don't fast for ourselves
- Isa 58: 1-10 – Love God, love others

4. WHO IS AT YOUR GATE?

Luke 16 : 19-21

