



A year with Jesus

Choose Daily

Go Week

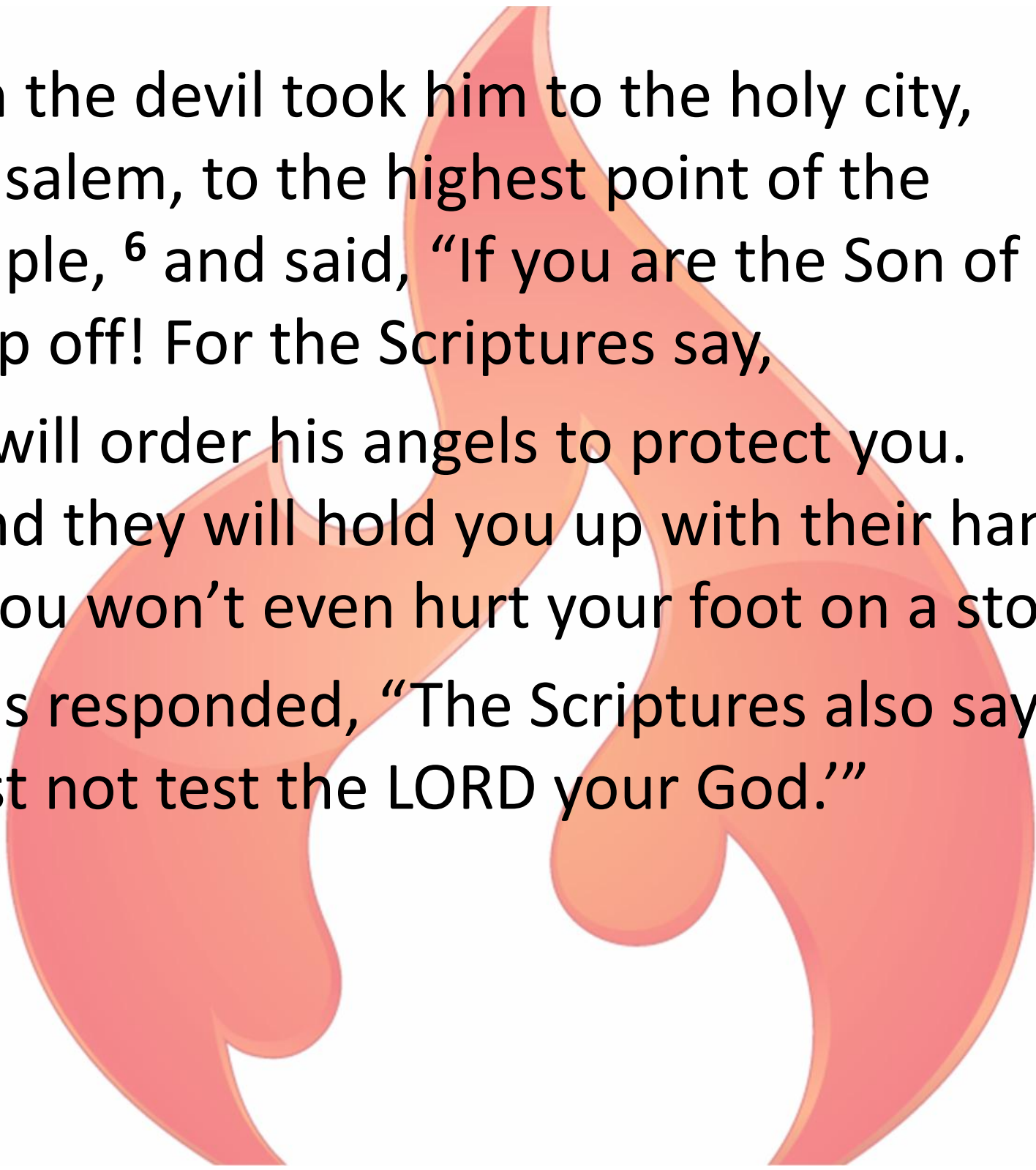
“Fasting as Going”

Acts 13 Barnabas and Saul Are Commissioned

¹ Among the prophets and teachers of the church at Antioch of Syria were Barnabas, Simeon (called “the black man”), Lucius (from Cyrene), Manaen (the childhood companion of King Herod Antipas), and Saul. ² One day as these men were worshiping the Lord and fasting, the Holy Spirit said, “Dedicate Barnabas and Saul for the special work to which I have called them.” ³ So after more fasting and prayer, the men laid their hands on them and sent them on their way.

Matthew 4 The Temptation of Jesus

- ¹ Then Jesus was led by the Spirit into the wilderness to be tempted there by the devil. ² For forty days and forty nights he fasted and became very hungry. ³ During that time the devil came and said to him, “If you are the Son of God, tell these stones to become loaves of bread.”
- ⁴ But Jesus told him, “No! The Scriptures say, ‘People do not live by bread alone, but by every word that comes from the mouth of God.’”

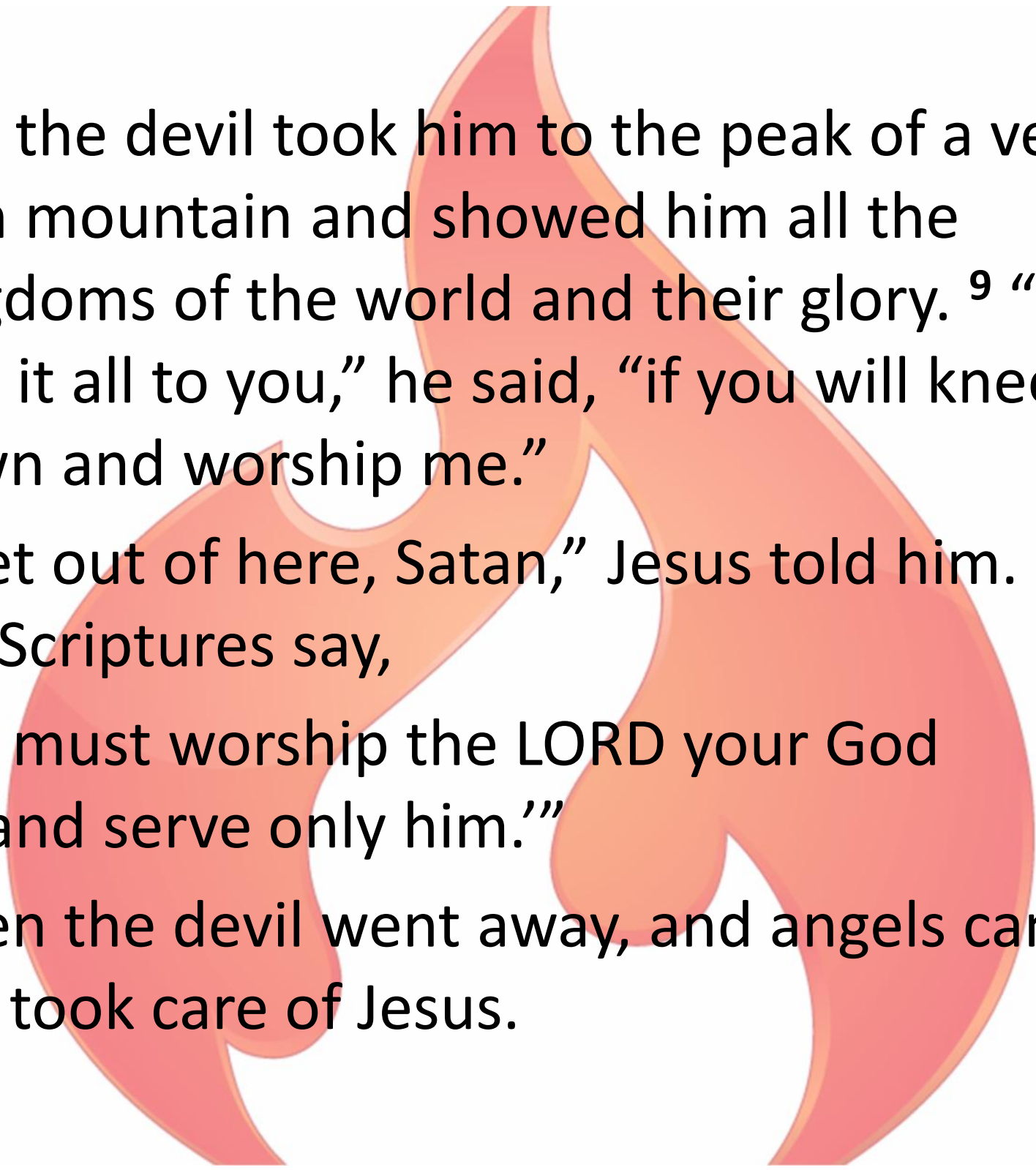


⁵ Then the devil took him to the holy city, Jerusalem, to the highest point of the Temple, ⁶ and said, “If you are the Son of God, jump off! For the Scriptures say,

‘He will order his angels to protect you.

And they will hold you up with their hands so you won’t even hurt your foot on a stone.’”

⁷ Jesus responded, “The Scriptures also say, ‘You must not test the LORD your God.’”



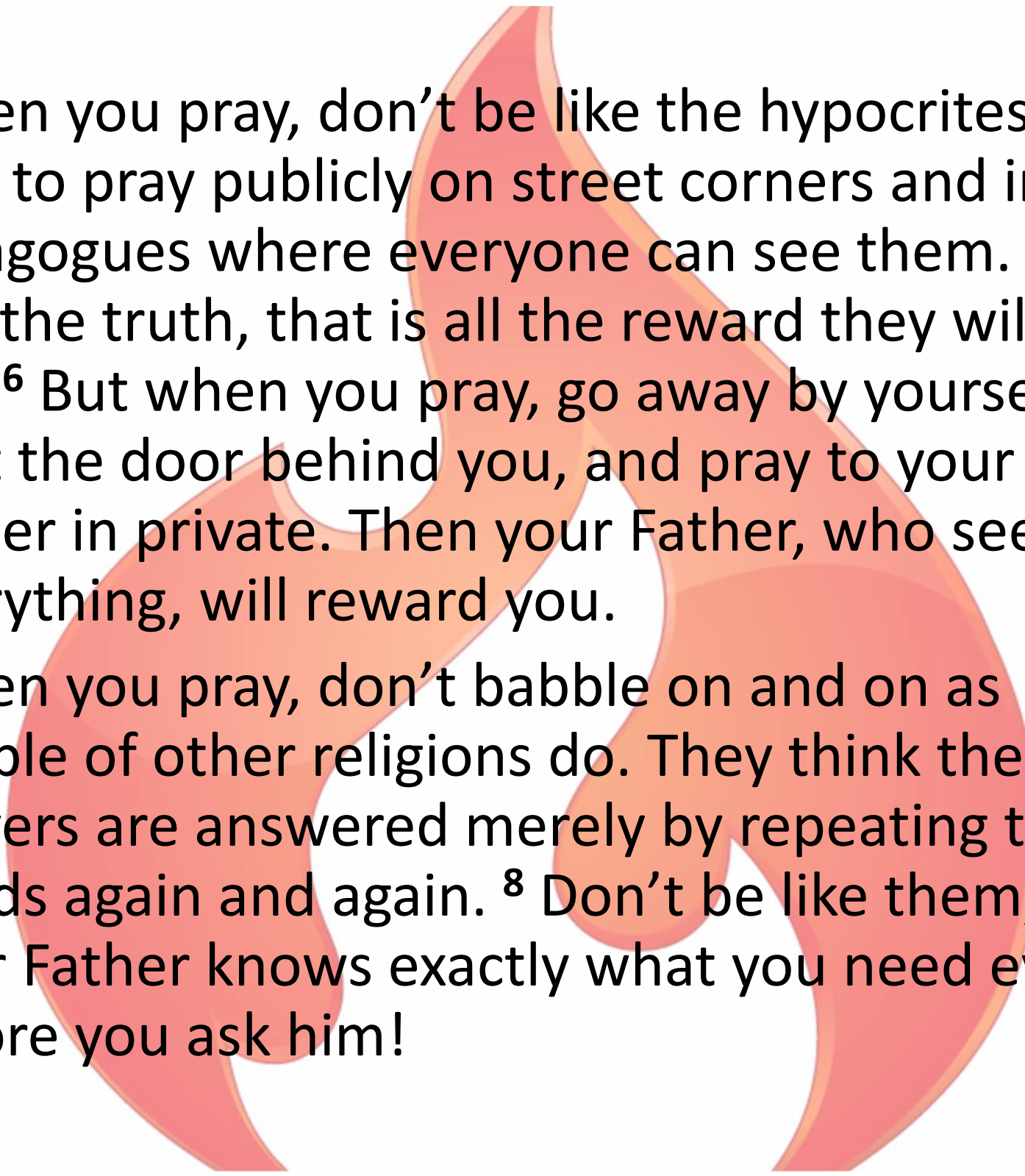
⁸ Next the devil took him to the peak of a very high mountain and showed him all the kingdoms of the world and their glory. ⁹ “I will give it all to you,” he said, “if you will kneel down and worship me.”

¹⁰ “Get out of here, Satan,” Jesus told him. “For the Scriptures say,
‘You must worship the LORD your God and serve only him.’”

¹¹ Then the devil went away, and angels came and took care of Jesus.

Matthew 6

¹ “Watch out! Don’t do your good deeds publicly, to be admired by others, for you will lose the reward from your Father in heaven. ² When you give to someone in need, don’t do as the hypocrites do—blowing trumpets in the synagogues and streets to call attention to their acts of charity! I tell you the truth, they have received all the reward they will ever get. ³ But when you give to someone in need, don’t let your left hand know what your right hand is doing. ⁴ Give your gifts in private, and your Father, who sees everything, will reward you.



⁵ “When you pray, don’t be like the hypocrites who love to pray publicly on street corners and in the synagogues where everyone can see them. I tell you the truth, that is all the reward they will ever get. ⁶ But when you pray, go away by yourself, shut the door behind you, and pray to your Father in private. Then your Father, who sees everything, will reward you.

⁷ “When you pray, don’t babble on and on as people of other religions do. They think their prayers are answered merely by repeating their words again and again. ⁸ Don’t be like them, for your Father knows exactly what you need even before you ask him!



⁹ Pray like this:

**Our Father in heaven,
may your name be kept holy.**

¹⁰ May your Kingdom come soon.

**May your will be done on earth,
as it is in heaven.**

¹¹ Give us today the food we need,

**¹² and forgive us our sins, as we have
forgiven those who sin against us.**

**¹³ And don't let us yield to temptation,
but rescue us from the evil one.**

14 “If you forgive those who sin against you, your heavenly Father will forgive you. 15 But if you refuse to forgive others, your Father will not forgive your sins.

16 “And **when you fast**, don’t make it obvious, as the hypocrites do, for they try to look miserable and disheveled so people will admire them for their fasting. I tell you the truth, that is the only reward they will ever get. 17 But **when you fast**, comb your hair and wash your face. 18 Then no one will notice that you are fasting, except your Father, who knows what you do in private. And your Father, who sees everything, will reward you.

Fasting Challenge

Fast for the **moving** and **heart** of the Lord, *not* for to be admired by man

We can give up:

- Food
- Comfort
- A routine

Maybe we add?

- New Habit
- Deeper Prayer
- Active Compassion

We can pray for:

- Missions
- Deeper Walk with God
- God's moving in our church
- Homeless
- Orphans