

# Reclaiming Fasting: Fasting to Feast

Luke 5:33-39

Ben Deaver at New Hope Church on March 1, 2015

## Announcements:

- Church-Wide Meeting next Sunday
- Julie Moore sharing about respite care

## RECLAIMING SPIRITUAL DISCIPLINES

**SERMON SERIES BIG IDEA:** Let's reclaim Gospel-powered spiritual disciplines for the sake of godliness (i.e. good works to the glory of God and for the good of His people).

- *Spiritual Disciplines for the Christian Life* by Donald Whitney

Preaching is meant to disrupt and entice.

- Two weeks ago—I spoke on *Reclaiming the Scriptures*. We need to grow up and become self-feeders. How's your time in the Word?
  - *How to Read the Bible for All Its Worth* by Gordon Fee and Douglas Stuart
- Last week—Dave Geldart spoke on *Reclaiming Prayer*. We need to grow young again and climb back into our heavenly Daddy's lap. How's your prayer life?
  - *A Praying Life: Connecting with God in a Distracting World* by Paul Miller
- Next week—Bob Anderson will speak on *Reclaiming Solitude*. I'm greatly looking forward to hearing from Bob as I've experienced personally the necessity of getting away and alone with God over this last year of my life.
- Ask for recommendations!
- I hope you're having conversations about reclaiming the spiritual disciplines and sharing successes, failures and best practices with each other.

**Today we're going to talk about...drum roll please...fasting! YAY!!! Can I get an, "Amen!"? How's your fasting going these days, friends?**

Fasting is deliberate abstinence from food for a specific purpose.

"Some have exalted religious fasting beyond all Scripture and reason; and others have utterly disregarded it."  
—John Wesley

Perhaps we've disregarded fasting:

- I had a tough time finding sermons on fasting. John Piper had several.
- One author I read said that he couldn't find any books written on fasting from 1861-1954. There are more books out there now but nothing compared to other spiritual disciplines like reading the Bible or prayer.

- As evangelical Christians we spend lots of money, time, energy and excitement on worship music but I don't sense that much effort is given to fasting.
- Those who fast in our culture:
  - Health-conscious folks
  - People getting ready to have blood work done or preparing for certain surgeries
  - Wrestlers trying to make a certain weight might fast too.
  - Maybe a bunch of folks are fasting and no one knows about it because they're being secretive about it like Jesus said to be.

### Why reclaim fasting?

- Practiced in all societies, cultures and centuries.
- Fasting as a religious practice
  - Jews, Muslims, Hindus, Buddhists all have practices of fasting.
- Fasting for political purposes
- Fasting for health
- The Bible talks a lot about fasting in both the Old and New Testaments.
- All peoples throughout history have fasted for all sorts of reasons—religious, cultural, political, health—and yet when we come to modern American Christians there's no fasting. Is something amiss or are we the ones who really get it right here?

My hope this morning is to 1) put the spiritual discipline of fasting on your radar and 2) to encourage you to make an attempt to fast for the sake of feasting on relationship with your loving, heavenly Father.

If you're here and you don't follow Jesus perhaps fasting would show you the emptiness inside that you've been filling with other things. I don't know. Maybe.

## Read Luke 5:33-39 <sup>ESV</sup>

### PRAY

<sup>33</sup> And they said to him, "The disciples of John fast often and offer prayers, and so do the disciples of the Pharisees, but yours eat and drink."

#### The Fasting of the Pharisees

- Matt 6:1-6; 16-18 Beware of practicing your righteousness before other people **in order to be seen by them**, for then you will have no reward from your Father who is in heaven. <sup>2</sup> Thus, when you give to the needy, sound no trumpet before you, as the hypocrites do in the synagogues and in the streets, **that they may be praised by others**. Truly, I say to you, they have received their reward. <sup>3</sup> But when you give to the needy, do not let your left hand know what your right hand is doing, <sup>4</sup> so that your giving may be in secret. And your Father who sees in secret will reward you. <sup>5</sup> And when you pray, you must not be like the hypocrites. For they love to stand and pray in the synagogues and at the street corners, **that they may be seen by others**. Truly, I say to you, they have received their reward. <sup>6</sup> But when you pray, go into your room and shut the door and pray to your Father who is in secret. And your Father who sees in secret will reward you.

<sup>16</sup> And when you fast, do not look gloomy like the hypocrites, for they disfigure their faces **that their fasting may be seen by others**. Truly, I say to you, they have received their reward. <sup>17</sup> But when you

fast, anoint your head and wash your face,<sup>18</sup> that your fasting may not be seen by others but by your Father who is in secret. And your Father who sees in secret will reward you.

- The Pharisees fasted twice weekly. See Luke 18:11-12.
- The Law of Moses prescribed fasting on the Day of Atonement. See Lev 16:29-31.
  - Other fasts came about throughout the Old Testament as well.
- Is 58:2-3a
 

<sup>2</sup>Yet they seek me daily  
and delight to know my ways,  
as if they were a nation that did righteousness  
and did not forsake the judgment of their God;  
they ask of me righteous judgments;  
they delight to draw near to God.

<sup>3a</sup>***‘Why have we fasted, and you see it not?’***  
***Why have we humbled ourselves, and you take no knowledge of it?’***

  - They thought God owed them something because of their fasting.
- The problem isn’t being seen doing the spiritual disciplines, like fasting. The problem is wanting to be seen and praised for doing them.
- The Pharisees resisted food and replaced it with the praise of man. They should have resisted food and replaced it with the reward of the Father.
- Resistance without replacement is futile! In fact, you will replacement will happen.

#### The Fasting of John the Baptist and His Boys

- Luke 7:33-34 <sup>33</sup>For John the Baptist has come eating no bread and drinking no wine, and you say, ‘He has a demon.’ <sup>34</sup>The Son of Man has come eating and drinking, and you say, ‘Look at him! A glutton and a drunkard, a friend of tax collectors and sinners!’
- John, however, fasted like crazy. John’s disciples fasted because they were eagerly anticipating the coming Messiah. They hadn’t found Him yet. So they fasted. In John 1, two of John’s disciples see Jesus and start following Him—Andrew and Peter. When they switched from being John’s disciple’s to Jesus’ disciples they stopped fasting. The only error John’s disciples had was not yet realizing who Jesus was. That would come in time.

Everyone who is anyone fasts, Jesus. Why don’t you and your boys fast? What up wit’ dat?

<sup>34</sup>And Jesus said to them, “Can you make wedding guests fast while the bridegroom is with them? <sup>35</sup>The days will come when the bridegroom is taken away from them, and then they will fast in those days.”

### ***Get Sandstorm by Darude ready!***

***Illus:*** Can you imagine fasting during our wedding reception? No way! It was time to feast. Those heavy hors d’oeuvres were great! Parmesan Chicken Bites; Silver Dollar Sandwiches with Turkey and Ham; Sweet and Sour Meatballs; Vegetable Display with Ranch Dip; Chilled Fresh Fruit Display; Hot Spinach and Artichoke Dip; Tortilla Chips with Salsa; Cheese Cubes/Crackers; Pesto Torte with a special flat cracker. That dance was awesome! *Sandstorm* by Darude was off the hook. Our parting gift was chocolate-covered espresso beans. People were gripping their steering wheels with white knuckles. It was so much fun. Such a celebration. Not the time to fast. We got in our Jeep Liberty at 11:11 pm and made a wish. We were together. It was time to feast in the relationship. It was time for intimacy in the relationship. Not a time to fast.

- Jesus as the bridegroom—See Is 61:10; 62:5; Ez 16:8; Hos 2:19-20.
  - Is 62:5b ...and as the bridegroom rejoices over the bride,  
so shall your God rejoice over you.

- The disciples of Jesus didn't fast because they were in the presence of God. They were physically with God Himself. They could enjoy that relationship right then and there.
- When the Bridegroom's away, however, then they will fast. Jesus didn't say, "If they fast," or "They must fast." He said, "Then they will fast."
  - Yes, we have Jesus' Spirit with us now. That's amazing! However, greater intimacy with Jesus awaits when He returns. See 2 Cor 5:8; Phil 1:23.
  - Biblical folks who we know fasted include Moses, David, Elijah, Esther, Daniel, Anna, Paul, Jesus Christ. That's a good list.
  - Christians through the centuries that fasted and spoke about its benefit include Martin Luther, John Calvin, John Knox, John Wesley, Jonathan Edwards, David Brainerd, among others. Another good list.
  - Everyone else who follows Jesus through history have fasted, why don't you fast? Good question.
  - My own experience with fasting:
    - Minimal attempts over the years with some success in focusing on God and more success in revealing character flaws that I cover over with keeping a full belly.
    - This past week I've made some attempts at small amounts of fasting from food. Really more experimenting again with how my mind, body and soul respond to it.
    - I'm as far from an expert on fasting as you can get which is one of the reasons I'm convinced that exploring and hopefully reclaiming this spiritual discipline would be great for me. Perhaps it could be beneficial for you too?
  - What does Jesus tell us about fasting?

<sup>36</sup> He also told them a parable: "No one tears a piece from a new garment and puts it on an old garment. If he does, he will tear the new, and the piece from the new will not match the old.

<sup>37</sup> And no one puts new wine into old wineskins. If he does, the new wine will burst the skins and it will be spilled, and the skins will be destroyed. <sup>38</sup> But new wine must be put into fresh wineskins. <sup>39</sup> And no one after drinking old wine desires new, for he says, 'The old is good.'"

What are the old and new wine and old and new wineskins?

- **Old Wine** = God's provision for relationship through the Old Covenant
  - This is what God was doing in the Old Testament, laying the groundwork for the New Testament.
- **Old Wineskin** = Judaism
  - Pharisaism was a poor old wineskin with its system of extra rules, procedures, washings, and taboos. This was created later.
  - The old wineskin was based on the anticipation of when the Messiah would come.
  - The old wineskins were ripping and tearing and needed to be discarded. It was time for some new wine and some wineskins.
- **New Wine** = New Covenant with emphasis on relational union and sharing God's love with others.
  - The new wine is what God is doing through the Gospel—the Good News about how He made a way for relationship with Him through His Son, who lived perfectly, and died terribly, and rose again powerfully. The New Covenant was established by the blood of Jesus.
- **New Wineskin** = ??? – Jesus doesn't teach what it is here. This isn't the point.
  - Whatever method/form/discipline holds the new wine is the new wineskin. The wine is what God the Father is up to in drawing men and women to Himself in relationship through His Son.

- Jesus is saying that you have to reclaim the spiritual disciplines to accommodate what God is now doing.
  - The disciplines are just practical ways to develop/deepen our relationship with God and to prepare us for good works. Let's get pragmatic to this end.
  - The new wineskin must be based on the reality of the Gospel.
  - Let's demystify fasting and the other spiritual disciplines. Let's just use these disciplines for our purposes of growing in godliness.
- And no one after drinking old wine desires new, for he says, "The old is good."
    - Jesus offers a Proverb here, an old adage.
    - "You can't teach an old dog new tricks." "They are just set in their ways."
    - There are some who tasted of the Old Covenant wine who were up for the New Covenant wine but not many.
    - Remember Simeon and Anna? They understood the new wine and how good it was.
- Christian fasting, at its core, is hunger for being with God.
    - We lose our physical appetite because our longing for God is so intense.
    - We sense our hunger for God waning and so we fight to sharpen our appetite for what we know truly satisfies by saying, "No" to an earthly good for a superior satisfaction in God Himself.

**Quote:** John Piper in *A Hunger for God: Desiring God Through Fasting and Prayer*  
*The Romance and the Resistance of Fasting*

Christian fasting, at its root, is the hunger of a homesickness for God... Half of 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. In the first half, appetite is lost. In the second half, appetite is resisted. In the first, we yield to the higher hunger that is (*i.e. relationship with God*). In the second, we fight for the higher hunger that isn't (*i.e. relationship with God*). 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. (p. 14)

- Fasting to feast on the relationship with God our Father.
- Fasting to fight for hunger for this relationship. This is what we need.

**Illus:** What if my my beautiful wife, Maris, was injured in a car accident and fell into a coma. I would lose my appetite and be by her side 24/7 because of the hunger for our relationship. Any type of interaction she would give me I would greatly enjoy—a squeeze of my hand, an inflection on her face. If this lasted for a long time and the intimacy I once enjoyed with her is not there like it was and my heart was pulled in different directions I would need to then fight for hunger for our relationship. I would need to resist things, even good things, to stay engaged with what I know is the most important relationship I have on this planet—the relationship that is protected by the covenant of marriage.

Fasting is fighting for the feast that we know is better than whatever this world offers...and it offers some good things.

Let's focus on these two sides of new wineskin fasting—The Resistance of Fasting and the Romance of Fasting.

## The Resistance of Fasting

**Edited Quote:** Christian fasting, at its root, is the hunger of a homesickness for God... Our physical appetite is lost because our homesickness for God is so intense. Appetite is lost. We yield to the higher hunger that is. Christian fasting is the spontaneous effect of a superior satisfaction in God.

- Fasting to Reveal Flaws—Fasting for Sanctification
  - **Example:** One of my recent attempts at a fast did not seem to go well. We fasted as a staff team. We learned a lot about each other at that staff meeting. Our irritability showed and we had staff growth moment. It was delightful! I ended up pounding chips at The Greenhouse and almost fainted driving home. I learned that I am grouchy and weak. Thanks for the lesson, Jesus!
  - Christian fasting is a test to see what desires control us. What are our bottom-line passions? In his chapter on fasting in *The Celebration of Discipline*, Richard Foster says, “More than any other discipline, fasting reveals the things that control us. This is a wonderful benefit to the true disciple who longs to be transformed into the image of Jesus Christ. We cover up what is inside of us with food and other things.” (p. 18)
  - Fasting is one way to ask God to show me my idols. What is my heart turning to besides You, oh God?
  - David said in Ps 69:10, “I humbled my soul with fasting.”
  - Conversation with a friend when he said that the only time he’s experienced victory over pornography was when he was fasting.
- Tim Keller in *The Meaning of Marriage*  
For most of Western history, the primary and most valued characteristic of manhood was self-mastery...A man who indulged in excessive eating, drinking, sleeping or sex—who failed to “rule himself”—was considered unfit to rule his household, much less a polity...”
- Paul says, “I will not be mastered by anything.” in 1 Cor. 6:12.
- **Fasting for the Fruit of Self-Control**
- Christian fasting is not “Willpower Religion” (p. 45)
  - Gal 5:23 – Fruit of the Spirit, not the flesh.
  - Col 2:23; 2 Cor 11:27; 6:5; 1 Cor 9:26-27; Eph 4:22; 1 Cor 6:12

## The Romance of Fasting—Fasting for Relationship—Replacement

**Edited Quote:** Christian fasting, at its root, is the hunger of a homesickness for God... Our physical appetite is lost because our homesickness for God is so intense. Appetite is lost. We yield to the higher hunger that is. Christian fasting is the spontaneous effect of a superior satisfaction in God.

- Fasting to create space for feasting on the Scriptures and prayer (i.e. relationship with God).
- Creating space to hear from God. Fasting more doesn’t make God do what you want Him to but it does create space for you to hear more clearly from Him.
  - This may be particularly important to you if you have upcoming decisions to be made and want to pray with focus.
- We can’t live on bread alone! See Matt 4:4; Deut 8:3. Man shall not live by bread alone, but by every word that comes from the mouth of God.
- Feasting on doing the works God has for us to do! See John 4:31-34. <sup>31</sup> Meanwhile the disciples were urging him, saying, “Rabbi, eat.” <sup>32</sup> But he said to them, “I have food to eat that you do not know about.” <sup>33</sup> So the disciples said to one another, “Has anyone brought him something to eat?” <sup>34</sup> Jesus said to them, “My food is to do the will of him who sent me and to accomplish his work.
- **Let’s fast to feast!**

So, why not fast?

- We affirm the other spiritual disciplines—Bible study, prayer, worship through song, etc. Why not reclaim fasting and put it back on our list of spiritual disciplines as a tool to help us love God and people more?
- “Great talk, Ben! I’m going to give up watching copious amounts of TV. That’s my fast!”
  - Maybe you just need to give up some of your overindulgent TV watching, period. Maybe.
  - We are an overindulgent, obese country. Of course fasting is not popular with us. We love to eat and eat a lot. That’s the air we breathe in our culture. Perhaps a little reclaiming of fasting could be good.
- Dear friends, let’s try to fast from food in our fight for hunger for God!

**Baby steps!**

- Take baby steps! Challenge yourself in the context of a secure relationship with your loving, heavenly Father.
- There is no requirement to fast.

**Quote:** Richard Foster in *Celebration of Discipline*

Regular or weekly fasting has had such a profound effect in the lives of some that they have sought to find a biblical command for it, so that it may be urged upon all Christians. The search is in vain. There simply are no biblical laws that command regular fasting. Our freedom in the gospel, however, does not mean license; it means opportunity. Since there are no laws to bind us, we are free to fast on any day. Freedom for the apostle Paul meant that he was engaged in “fasting often” (2 Cor 11:27). Always we should bear in mind the apostolic counsel, “Do not use your freedom as an opportunity for the flesh” (Gal 5:13).

- We have freedom!
- Failure is only giving up entirely or giving into self-righteousness. Guess what. If that happens, just repent—turn back to God—and try again. Grace abounds!
- Good news, you’re already fasting and may not even realize it! Does anyone eat breakfast? You’re breaking the fast that you took while sleeping. Good job!
- Practical Ideas:
  - Disclaimers:
    - If you have health concerns, check in with your doctor.
    - If you’ve struggled with an eating disorder then I’d encourage you to not fast from food.
    - Our culture doesn’t make fasting easy.
    - Beware of tendencies towards wanting to be recognized for your fasting.
    - Let your fasting be intricately connected to the Word of God and prayer. Have a plan for engaging with God. Have a meal replacement.
    - One of the most important parts of fasting is how you come off of your fast. Don’t overindulge immediately. This is where I fall apart.
    - Pay attention to what surfaces during your fast. Are you pulled to fill yourself with something else besides God? Turn it into prayer. Are you grumpy, irritable or just downright angry? Turn it to prayer.

**Illus:** Maddox crawling, walking and now running and jumping. He’s confident to make attempts because he knows his Dadda will be there to pick him up when he falls.

BABY STEPS. BABY STEPS. BABY STEPS. IT TAKES A LONG TIME TO DEVELOP HEALTHY DISCIPLINES THAT LAST.

1. **Roll over. Skip a meal.**
    - a. Give up a meal. Work through a lunch and feel your hunger pangs. Let them draw your heart and mind to God. Pay attention to what is stirred up in you. Are you angry? Are you irritable? Can your mind focus?
    - b. Delay a meal. Eat a smaller meal. Drink water. Throw in a lemon.
    - c. Do this once a week for a few weeks.
  2. **Crawl. Fast for 24 hours w/ juice.**
    - a. Fast from food for 24 hours but drink juice.
    - b. Do this once a week or every other week for several weeks.
  3. **Take a couple baby steps. Fast for 24 hours w/ water.**
    - a. Fast from food for 24 hours but drink only water.
    - b. Try this for several weeks.
    - c. Headaches are normal.
  4. **Walk. Fast for 36 hours w/ water.**
    - a. Move on to a 36 hour fast. Missing three meals.
  5. **Run. Fast for 3-7 days w/ water.**
  6. **High-jump. Fast for 21-40 days w/ water.**
    - a. Consider 21-40 day fast. Get some resources before attempting this.
    - b. It's difficult for me to even really fathom someone doing this.
1. **Skip a meal. Whet your appetite for fasting.**
    - a. Fast together with a small groups of friends. Talk about the experience.
    - b. Fast before or after First Wednesdays Prayer and join the Elder Team for prayer.

### ***Get Sandstorm by Darude ready!***

Maris and my wedding reception was awesome! But that party pales in comparison of what's to come when our Bridegroom returns. Let's be ready for the feast!

### **Reflection/Diagnostic Questions:**

- What are you feasting on? What do you feed your soul with? What idols do you turn to?
- What would happen if we reclaimed fasting...in our devotional lives...in the life of our church?
- What's a next baby step for you with fasting? Will you consider skipping a meal this week and asking God to meet you during that time?

**Bring up ushers and PRAY.**



## Good stuff on the chopping block:

Personal Examples: Blue House Boys and the rice fast

**Illus:** Justin Wiebers reclaimed steel beam from Howie's. Came from the Rec Center. 1400 pounds. Similar but different function.

Fasting in Secret?

- Are we practicing our righteousness with our giving, praying and fasting? These things aren't meritorious. They don't make God love us more.
- These are disciplines that we need because we are so weak.
- We give to the needy and pray. Why would we not also fast?
- We talk about prayer and we pray together. Why not talk about fasting and maybe even fast together?
- And your Father who sees in secret will reward you. Must fasting be secretive? No.
- They did fast corporately. See Acts 13:3
- People should see our growth. See 1 Tim 4:16.
- People should see our good works. See Matt 5:16.

The New Covenant—Jer 34; Ezek 35

Fasting for Human Flourishing

- Put food into its proper context, a gift from God to be grateful for and enjoyed but not overindulged in.
- 1 Tim 4:3-5; James 1:17
- 1 Cor 10:31 Eat to the glory of God! Food is good. God made the food. Eat the food.
- Which means that bread magnifies Christ in two ways: by being eaten with gratitude for his goodness, and by being forfeited out of hunger for God himself. When we eat, we taste the emblem of our heavenly food—the Bread of Life. And when we fast we say, "I love the Reality above the emblem." In the heart of the saint both eating and fasting are worship. Both magnify Christ. Both send the heart—grateful and yearning—to the Giver. Each has its appointed place, and each has its danger. The danger of eating is that we fall in love with the gift; the danger of fasting is that we belittle the gift and glory in our willpower. (p. 21)
- Jesus Fasted and Feasted
  - "It must not go unnoticed that Jesus triumphed over the great enemy of his soul and our salvation through fasting." (p. 54)
  - "Jesus began his ministry with fasting. And he triumphed over his enemy through fasting. And our salvation was accomplished through perseverance with fasting." (p. 55)

This morning is really about learning how to feast well.

- Fasting is giving up something good to create space to remember.
- Lent is something that many Christian faith traditions have practiced over the years and I've noticed is resurging within evangelical communities. Others are seeking to reclaim Lent as a helpful spiritual discipline in preparing to celebrate Easter together.
- Titus 2:12 ...training us to renounce ungodliness and worldly passions...
- Col 2:23 <sup>23</sup>These have indeed an appearance of wisdom in promoting self-made religion and asceticism and severity to the body, but they are of no value in stopping the indulgence of the flesh.

**Illus:** Imagine a soldier marries his fiancée and then is immediately deployed. Perhaps this hits very close to home for some. Put yourself in the soldier's wife's shoes. The desire to be together may be so strong that it would affect your ability to eat. Perhaps would miss a meal to talk long into the night if possible. You would rather communicate and be together as much as possible during this deployment than eat. That's one aspect of fasting—

yielding to the higher hunger that is—the relationship. Now consider this, perhaps there are competing desires that seek to undermine the relationship. Work is crowding out time to connect with your deployed husband. There’s even a questioning of the relationship because the desire for intimacy is so deep and it’s not being ultimately satisfied by the Skype calls or phone calls or whatever. You’re being swayed to lesser loves at the expense of the commitment of marriage. Now it’s time to fight for the higher hunger that is fading. It’s time to say, “No” to those good friendship and cultivate this relationship as you anticipate the return of your husband.

Fasting under the Old Covenant:

- Luke 2:37 Anna was worshipping with fasting.

Fasting is starving the flesh.

- E.g. chemo and cancer; scorched earth

*A Hunger for God: Desiring God Through Fasting and Prayer* by John Piper

- The Hungry Handmaid of Faith (p. 20)
- Fasting as an Expression of Dissatisfied Contentment (p. 44)
- Is Fasting Christian? (p. 48)
- As long as we are finite and fallen, Christian faith will mean both delighting in the (past) incarnation and desiring the (future) consummation. It will be both contentment and dissatisfaction. (p. 43)

Reclaiming Spiritual Disciplines:

- Duty is often necessary to move towards desire.
  - Spiritual disciplines are for weak people.
- There are no limit to how many spiritual disciplines there are. If it is training you to have the fruit of the Spirit, then it’s a spiritual discipline.
- The desire is true freedom, living as we were designed to live, not doing whatever we want.
- The Biblical picture we have of discipline is that of a good, loving father with his son. These disciplines are relational in nature.
- We should be zealous for good works.

Illustrations:

- Coming home already having eaten a big lunch when Maris was planning a special dinner. Not good!
- Deployed soldiers...
- Buying Maris an outfit. I took a step in the discipline of pursuing my wife but I failed with that step. It was alright. It didn’t cost me the relationship. However, I gave up the discipline of buying clothes for my wife quickly after that.

Re: Matthew 9:14-17; Mark 2:18-22; Luke 5:33-39

- Is the old wine good? Or is it inherently bad?
- Gary DeLashmutt teaching— <http://www.xenos.org/teachings/?teaching=1193>
- Longing – sehnsucht
- Some think Jesus is just referring to His followers fasting for the three days He was dead before He rose again. I don’t think so. Followers of Jesus have been fasting throughout history. See Acts 13:2; 14:23. See 2 Cor 6:5; 11:27 which may or may not be referring to fasting.
- Jesus leaving, sending His Spirit, returning one day compared to a soldier’s deployment.

Quote:

- “Discipline without direction is drudgery.” – *Spiritual Disciplines for the Christian Life* by Donald Whitney
- “Direction without discipline is drudgery.” This should be the quote for my generation and younger. We want to do great things for God, and rightfully so. But we won’t get there without spiritual disciplines.