

New Normal: Personal Renewal Through Fasting

2019-03-29 by Ben Deaver at Tallgrass Church on Luke 5:33-38

Tech setup:

- Word—View—One Page—150%
- Turn computer screen brightness down a bit.
- Extra screen to Reading -70% (low blue light)
- PowerPoint—Slide Show—unclick Use Presenter View
- Start with College Heights Sanctuary Virtual Background

9:30am—Prayer!

9:45—Welcome on Facebook Live and welcome on Zoom!

- Zoom 101
 - Find the “Mute/Unmute” button
 - Find the “Chat” button. You can send messages to Everyone or to individuals. Use it!
 - Toggle between “Speaker View” and “Gallery View”
- I’ll mute everyone and then you’ll be able to unmute yourself so you can read a passage or quote this morning.
- I’ll stick around after our official Digital (Central) Gathering to catch up with folks who would like to chat more. I’ll also jump back on Zoom at 4pm. This would be a great time for you to share reflections you’ve had this past week. So, I invite you all to stick around and mingle after our time together this morning!

10:00am—Welcome Miss Elisha Hillegeist, our Sprouts Coordinator!

- After Miss Elisha shares her lesson we’ll have a Mingle Time with a question that you can interact with on Zoom or Facebook Live.

10:10—Mingle Question: What do you most look forward to after this COVID-19 crisis?

SWITCH TO POWERPOINT

10:15—New Normal: Personal Renewal In Pandemic

We're convinced that God is inviting us into something new and profound through this unique season: personal renewal! This current season of disruption could be that divine invitation. So we're going to slow way down together, focusing specifically on rediscovering and reclaiming personal habits and practices that have proven from generation to generation to lead us each into personal renewal, growth, and vital connection with God Himself.

Jeremiah 17:7-8 ⁷“Blessed is the man who trusts in the LORD, whose trust is the LORD. ⁸He is like a tree planted by water, that sends out its roots by the stream, and does not fear when heat comes, for its leaves remain green, and is not anxious in the year of drought, for it does not cease to bear fruit.”

- 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:
 - One author I’ve 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.
 - I’ve had a tough time finding sermons on fasting in the past. John Piper had several.
 - I remember reading John Piper’s book *A Hunger for God* in 2003.
- 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, Bahá’ís 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.
 - Most 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 little to no fasting. Is something amiss or are we the ones who really get it right here?

My hope this morning is threefold:

1. Put the spiritual discipline of fasting on your radar
2. Encourage you to make an attempt to fast
3. Incite personal renewal through fasting

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.

...then they will fast in those days.

Luke 5:33-35 ³³ 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.” ³⁴ And Jesus said to them, “Can you make wedding guests fast while the bridegroom is with them? ³⁵ The days will come when the bridegroom is taken away from them, **and then they will fast in those days.**” (See also Matthew 9:14-17)

- **Illus:** Bill and Naemi’s wedding was a time to feast, not fast.
- **Revelation 22:17a, 20b** ^{7a} “And behold, I am coming soon.” ^{20b} “Surely I am coming soon.”
 - And we say, “Amen. Come, Lord Jesus!” But until then, we fast!

Have Ricky pray!

So, why fast?

1. Deeper *satisfaction*
2. Create *space*
3. Develop *self-control*

Satisfaction—Deeper *satisfaction* in God than anything in this world.

- In our Conquer Series video series, we are learning that pornography actually trains your brain to NOT ENJOY SEX with your spouse as you were created to but to crave pornography instead.
- This is also how the fast food industry works. You crave the quick calories that are terrible for you rather than normal food that you were created to enjoy.
- **Romans 12:2a** Do not be conformed to this world, but be transformed by the renewal of your mind...
- We were made to be physically with God...and we aren't. There are so many things in this world that would pull our affections away from God and to lesser things. Fasting helps loosen the grip on this world and sharpen our appetite for God and the things of God.
- **Psalm 4:7** You have put more joy in my heart than they have when their grain and wine abound.
- **Psalm 63:1, 5a** O God, you are my God; earnestly I seek you; my soul thirsts for you; my flesh faints for you, as in a dry and weary land where there is no water. My soul will be satisfied as with fat and rich food...
- **Psalm 73:25-26** ²⁵ Whom have I in heaven but you? And there is nothing on earth that I desire besides you. ²⁶ My flesh and my heart may fail, but God is the strength of my heart and my portion forever.

"Dear Lord, we NEED to crave a deeper satisfaction in YOU, help us, O Lord!"

Space—Create *space* for God.

- Folks are busy, or at least feel busy. Too busy to pray. Too busy to read the Scriptures. Too busy to spend time with God.
- Try skipping a meal and spend that time with God instead.
- Ephesians 5:15-16
- "A regular fast one day a week could mean that the time spent over three meals, say two hours, is reclaimed from our busy program and invested more specifically in the kingdom of God, especially in the great ministry of prayer. Here is a weekly tonic for both soul and body, which could also be an instrument of blessing of others." —Arthur Wallis, *God's Chosen Fast*, p. 45
- This can also create space in your budget for the poor!

"Dear Lord, we NEED space for YOU, help us, O Lord!"

Self-Control—Develop *self-control*, a fruit of the Spirit.

- Willpower is a muscle, not a skill. Checkout *The Power of Habit*.
- **1 Corinthians 6:12-13** ¹² "All things are lawful for me," but not all things are helpful. "All things are lawful for me," but I will not be dominated by anything. ¹³ "Food is meant for the stomach and the stomach for food"—and God will destroy both one and the other. The body is not meant for sexual immorality, but for the Lord, and the Lord for the body.
- **1 Corinthians 6:19-20** ¹⁹ Or do you not know that your body is a temple of the Holy Spirit within you, whom you have from God? You are not your own, ²⁰ for you were bought with a price. So glorify God in your body.
- There are no New Testament rules about fasting, or any spiritual discipline for that matter. There are plenty of things to learn and grow in but no specific rules that you must do this or that amount of this or that discipline.

- **1 Corinthians 9:27** But I discipline my body and keep it under control, lest after preaching to others I myself should be disqualified.
- What's the connection between overindulgence on food and sexual appetite?!

SWITCH SPOTLIGHT MY VIDEO

- “When the stomach is suddenly denied what it has been in the habit of receiving as its right, it tends to cry out like a spoiled child denied its after-dinner bar of chocolate.” —Arthur Wallis, *God's Chosen Fast*, p. 110
- “It is said that the quickest way to a man's heart is through his stomach. Evidently Satan thought that that was equally true for a woman, for it was Eve he tempted with the forbidden fruit.” —Arthur Wallis, *God's Chosen Fast*, p. 89
- **Exodus 16:3** ...and the people of Israel said to them, “Would that we had died by the hand of the LORD in the land of Egypt, when we sat by the meat pots and ate bread to the full, for you have brought us out into this wilderness to kill this whole assembly with hunger.”
- “Even Noah, a man who walked with God, fell into the trap: ‘He planted a vineyard. He drank of the wine and became drunk and lay uncovered in his tent’ (Genesis 9:20-21).” —p. 89
- Esau and his birthright
- Eli's house and fattening themselves on the choicest parts. See 1 Samuel 2:29.
- Israel in the wilderness after Egypt captivity. See Psalm 78:29-31; 106:15
- Worldwide Obesity, a global pandemic—Overweight and obesity are defined as abnormal or excessive fat accumulation that may impair health. From the World Health Organization— <https://www.who.int/news-room/fact-sheets/detail/obesity-and-overweight>
 - Worldwide obesity has nearly tripled since 1975.
 - 39% of adults aged 18 years and over were overweight in 2016, and 13% were obese. (Every state in the U.S. is over 20% obese.)
 - Most of the world's population live in countries where overweight and obesity kills more people than underweight.
 - Obesity is preventable.
- “When we cannot say no to the second helping of the food we like, though we do not need it; when we are forever having snacks between regular meals; when we crave special foods that tickle the palate and appeal to our fastidious appetites; when, in a word, food is an ever-present temptation to which we constantly yield—then it is clear that we are in bondage.” —Arthur Wallis, *God's Chosen Fast*, p. 91
- **Deuteronomy 32:15** But Jeshurun (poetic name for the people of God) grew fat, and kicked; you grew fat, stout, and sleek; then he forsook God who made him and scoffed at the Rock of his salvation.
- **Romans 13:14** But put on the Lord Jesus Christ, and make no provision for the flesh, to gratify its desires.

Self-Control, Fruit of the Spirit, Not Work of the Flesh

- The Day of Atonement was the only regular fast prescribed by the Mosaic law (see Leviticus 23:27; Psalm 35:13; Isaiah 58:5)
 - Four more fasts—**Zechariah 8:19** ¹⁸ And the word of the LORD of hosts came to me, saying, ¹⁹ “Thus says the LORD of hosts: The fast of the fourth month and the fast of the fifth and the fast of the seventh and the fast of the tenth shall be to the house of Judah seasons of joy and gladness and cheerful feasts. Therefore love truth and peace.
- However, the Pharisees had turned regular fasting into legal bondage and it led them to major self-righteousness. “I fast TWICE a week” (Luke 18:12).
- Any spiritual discipline can become a ritualistically empty form without fire. But the danger of this should not cause us to give up on the discipline. We would have to give up on EVERYTHING if we feared this danger. Rather, we should be aware of the dangers and ditches and move forward by God's grace into the abundant life He has for us.

- **Colossians 2:20-23** ²⁰ If with Christ you died to the elemental spirits of the world, why, as if you were still alive in the world, do you submit to regulations— ²¹ “Do not handle, Do not taste, Do not touch” ²² (referring to things that all perish as they are used)—according to human precepts and teachings? ²³ 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.
- Satan is leveraging both lethargy and legalism! Be on guard against both ditches! But don’t overcorrect from one to the other.
 - “I’m for sure not gonna dip into being self-righteous and if I develop these awesome spiritual disciplines maybe I’ll become that way so I’ll just stay lazy. It’s better that way for everyone!” Wrong!
 - “I’m for sure not gonna be one of those lazy Christians who sits around doing nothing. I’ll develop all the disciplines and then sit around on my high horse judging everyone!” Wrong!

“Dear Lord, we NEED to develop self-control over our flesh search our souls, help us, O Lord!”

SWITCH TO POWERPOINT

Luke 5:37-38 ³⁷ 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. ³⁸ But new wine must be put into fresh wineskins.

- We need both form and fire, we need the wineskin and the wine.
- “A new generation, however, is arising. There is concern in the hearts of many for the recovery of apostolic power. But how can we recover apostolic power while neglecting apostolic practice? How can we expect the power to flow if we do not prepare the channels? Fasting is a God-appointed means for the flowing of His grace and power that we can afford to neglect no longer.” —*God’s Chosen Fast: A Spiritual and Practical Guide to Fasting* by Arthur Wallis (1968)
 - Remember, this was written in 1968.
 - FORM/channels and FIRE/power
 - <https://graysonpope.com/2019/09/17/form-and-fire/>
- “Grace is not opposed to effort, it is opposed to earning. Earning is an attitude. Effort is an action. Grace, you know, does not just have to do with forgiveness of sins alone.” —Dallas Willard, *The Great Omission: Reclaiming Jesus’s Essential Teachings on Discipleship*
- “Discipline without direction is drudgery.” —Donald Whitney, *Spiritual Disciplines for the Christian Life*
 - “Direction without discipline is also drudgery.”
 - “Form without fire leads to self-righteousness.”
 - “Fire without form leads to licentiousness.”

“Dear Lord, we NEED the FORM and the FIRE in our church, we NEED the WINESKIN of fasting and the WINE of Your New Covenant Gospel-Centered, Kingdom-Building Power, O Lord!”

Let’s get practical! Types of Fasts:

- Partial Fast—Fasting from specific types of food.
 - Daniel 1:15; 10:3 I ate no delicacies, no meat or wine entered my mouth.
 - Lent is a season when many people undertake a partial fast.
 - Give up something, so you can fill up with something else, something better!
- Normal Fast—Abstain from all food but not water.
 - Matthew 4:2—After Jesus’ 40 day fast He was hungry but it doesn’t say He was thirsty.
 - The human body can’t survive 40 days without water.
- Absolute Fast—No food OR water.
 - Like Muslims during Ramadan and Bahai’s during their Nineteen Day fast from sunrise to sunset.
 - There are some examples in the Bible but this is not normative.

- My encouragement to us is to experiment with the normal fast...on Tuesdays if you want to do this with others in Tallgrass Church.
- Although it is generally safe, going a day without eating can be risky for some people, including:
 - people with diabetes
 - people with a history of eating disorders
 - people using medications that they must take with food
 - children and adolescents
 - those who are pregnant or breastfeeding

SWITCH TO SPOTLIGHT MY VIDEO

When you fast (not if)...

Matthew 6:2-18 ²...when you give to the needy... ⁵...when you pray... ¹⁶“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.
- ¹⁷But when you fast, anoint your head and wash your face, ¹⁸that 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.
- **Matthew 28:19-20** Make disciples of all nations...teaching them to observe all that I have commanded you...
 - Surely this includes what Jesus taught in Matthew 6. See 1 Timothy 6:3-4.
- Don't do this to be seen by people (Matthew 6:1-18). But still do it. When you fast...

10:45—Tallgrassian Testimonies:

- Welcome up Ricky Greeve!
- Welcome up Amber Johnson!

Take a step:

- “Where are the churches today in which the leaders are set apart in a solemn season of prayer and fasting? Perhaps there is one reason why office in the church is so often lightly taken up, loosely held, and readily tossed aside when difficulties or differences emerge. Little wonder that we lack strong spiritual leadership and the sheep tend to drift.” –Arthur Wallis, *God's Chosen Fast*, p. 59
- “Not a social tea but a consecration fast marked the first missionary valedictory. (Acts 13:3)” –Arthur Wallis, *God's Chosen Fast*, p. 59
- Join some of us on Tuesdays! We need to help one another take these steps TOGETHER! Take a step towards personal renewal through fasting to find deeper satisfaction in God, create space to connect with God, and to develop self-control:
 1. Skip a meal.
 - a. 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. Fast for 12-24 hours with 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. Fast for 12-24 hours with water.
 - a. Fast from food for 24 hours but drink only water.
 - b. Try this for several weeks.
 - c. Headaches are normal but eventually go away.

Practical Tips:

- Don't overindulge before your fast. Better to bend your will in advance to the battle of self-discipline.
- Tinker with your intake of coffee and/or tea before, during, and after fasting.
- Questions to consider:
 - Why am I fasting?
 - What kind of fast will I do?
 - How long will I fast?
 - How will I break my fast?
- "You should expect that a season of fasting would prove to be for you, as it was for your Master, a time of conflict with the powers of darkness. Satan will often try to take advantage of your physical condition to launch an attack. Discouragement is one of his weapons. Guard against it by maintaining a spirit of praise." – p. 122
- Safest way to break a fast:
 - Drink water: This is especially important if circumstances prevented it during the fast.
 - Eat a small meal: Eating a large meal immediately after a fast can strain the digestive system.
 - Chew food thoroughly: Chew each bite at least 30 times.
 - Eat cooked foods: Go for foods that are easier to digest, such as cooked vegetables instead of raw.
 - Avoid experimenting: Trying new foods after a fast can make digestion harder and may make a person feel ill.

Q&A

10:55—Lord's Supper

SWITCH TO POWERPOINT

Have Matthew pray!

11:00—After Party!

- Share more on the Mingle Question: What do you most look forward to after this COVID-19 crisis?
- During this COVID-19 crisis, what's been a frustration? What's been a joy?
- What's a new habit you're trying to implement?
- What do you need from this community, big or small?
- What's prayer request do you carry with you?
- How can we rejoice with you? How can we mourn with you?

TURN OFF FACEBOOK LIVE

Notes & Chopping Block:

Other reasons to fast:

- For specific revelation from God
 - Daniel 9:2-3, 21-22
 - “Many non-Christian religions such as Buddhism, Hinduism, Confucianism, and Islam practice fasting because they know its power to detach one’s mind from the world of sense and to sharpen one’s sensibility to the world of spirit. The abstaining from foods is still an important tenet of spiritism, as it was in Paul’s day (see 1 Timothy 4:1-3).” –p. 85
 - Daniel became one of the greatest OT seers of visions and dreams! See Daniel 1:12, 17, 20; 9:2-3; 10:1-3
- For health and healing
 - God generally wants us whole and healthy, not sick and hurting. This is why He has equipped the human body with its own wonderful healing powers and His church with a healing ministry.
 - 1 Samuel 30:11-15
 - Intermittent fasting builds immunity!

Notes on *God’s Chosen Fast: A Spiritual and Practical Guide to Fasting* by Arthur Wallis (1968)

Chapter 1: Why Fast?

Chapter 2: The Normal Fast

- Abstain from all food but not water.
- Matthew 4:2
- After Jesus’ 40 day fast He was hungry but it doesn’t say He was thirsty.
- The human body can’t survive 40 days without water.
- Dull the edge by broadening the meaning.

Chapter 3: The Absolute Fast

- No food or water. Like Muslims during Ramadan and Bahai’s during their Nineteen Day fast from sunrise to sunset.
- Acts 9:9 For three days he...neither ate nor drank.
- Ezra 9:3; 10:6; Esther 4:16; Exodus 34:28; Deuteronomy 9:9, 18; 1 Kings 19:8
- Both Moses and Elijah must have been supernaturally sustained during their extended absolute fasts. Both had supernatural endings to their time on earth and supernatural appearances with Christ on the holy mount.

Chapter 4: The Partial Fast

- Fasting from specific types of food.
- Daniel 10:3 I ate no delicacies, no meat or wine entered my mouth.
- Daniel 1:15
- 1 Kings 17 Elijah ate just simple cakes made from meat and oil.
- “To minister effectively to those in need, we must be identified with their need and sit where they sit.”

Chapter 5: When—Not If

- Matthew 6:2, 5, 16 When you give to the needy,...when you pray,...when you fast...
- Matthew 28:19-20 Make disciples of all nations...teaching them to observe all that I have commanded you...
 - Surely this includes what Jesus taught in Matthew 6. See 1 Timothy 6:3-4.
- Don’t do this to be seen by people (Matthew 6:1-18). But still do it. When you fast...

- Fasting is not just connected to prayer. It is a spiritual discipline in its own right.
- Acts 13:2

Chapter 6: The Time Is Now

- Matthew 9:15 When the bridegroom is taken away from them,...then they will fast.
- “A new generation, however, is arising. There is concern in the hearts of many for the recovery of apostolic power. But how can we recover apostolic power while neglecting apostolic practice? How can we expect the power to flow if we do not prepare the channels? Fasting is a God-appointed means for the flowing of His grace and power that we can afford to neglect no longer.”
 - Remember, this was written in 1968.
 - FORM/channels and FIRE/power
- Revelation 22:17, 20

Chapter 7: The Regular and Public Fasts

- Jeremiah 36:6; Joel 2:15
- The Day of Atonement was the only regular fast prescribed by the Mosaic law (see Leviticus 23:27; Psalm 35:13; Isaiah 58:5)
- Acts 27:9 Jews practiced this in the NT
- Zechariah 8:19 four more fasts
- The Pharisees had turned regular fasting into legal bondage. “I fast TWICE a week” (Luke 18:12).
- Any spiritual discipline can become a ritualistically empty form without fire. But the danger of this should not cause us to give up on the discipline. We would have to give up on EVERYTHING if we feared this danger. Rather, we should be aware of the dangers and ditches and move forward by God’s grace into the abundant life He has for us.
- “A regular fast one day a week could mean that the time spent over three meals, say two hours, is reclaimed from our busy program and invested more specifically in the kingdom of God, especially in the great ministry of prayer. Here is a weekly tonic for both soul and body, which could also be an instrument of blessing of others.” –p. 45
- “If there is a local church threatened with discord and division, if spiritual life is waning and worldliness abounding, if conversions are few and backslidings frequent, would not this be a time when leaders should call that church to prayer and fasting?” –p. 47

Chapter 8: Fasting Unto God—Zechariah 7:5; Acts 13:5

Chapter 9: For Personal Sanctity

- Psalm 69:10; Matthew 5:4
- Ezekiel 9:4
- “The eyes of the Lord are still searching the earth today for the Ezeres who will confess the sins of a faithless remnant, weeping and casting themselves down before the Lord, or the Nehemiahs who will weep and mourn, fast and pray for the walls that are broken down and the gates that are destroyed by fire. If restoration and renewal are to come from the presence of the Lord—and what hope is there without them?—then it is men and women like these whom God will use to turn the tide.” –p. 58
- “Not a social tea but a consecration fast marked the first missionary valedictory. (Acts 13:3)” –p. 59
- “Where are the churches today in which the leaders are set apart in a solemn season of prayer and fasting? Perhaps there is one reason why office in the church is so often lightly taken up, loosely held, and readily tossed aside when difficulties or differences emerge. Little wonder that we lack strong spiritual leadership and the sheep tend to drift.” –p. 59

Chapter 10: To Be Heard On High

- Ezra 8:23; Isaiah 1:10-15; 58:9

- “Fasting is designed to make prayer mount up as on eagles’ wings. It is intended to usher the suppliant into the audience chamber of the King and to extend to him the golden scepter. It may be expected to drive back the oppressing powers of darkness and loosen those powers’ hold on the prayer objective. It is calculated to give an edge to a person’s intercessions and power to their petitions. Heaven is ready to bend its ear to listen when someone prays with fasting.” –p. 62
- Luke 18:3; Zechariah 3:1
- “This is a deep realm of mystery. Scripture states the facts but does not explain them. Importunity is needful in the spiritual realm. Often pressure has to be maintained before the breakthrough comes in the heavenly warfare.” –p. 63
- Acts 9:11 “Behold, he is praying!”

Chapter 11: To Change God’s Mind

- Jonah 3:9-10
- Numbers 23:19
- 1 Kings 21:27-29
- 2 Samuel 12:16

Chapter 12: To Free the Captives—Isaiah 58:6

Chapter 13: They Fasted to Deliver—Isaiah 49:24-25

Chapter 14: For Revelation

- Daniel 9:2-3, 21-22
- “Many non-Christian religions such as Buddhism, Hinduism, Confucianism, and Islam practice fasting because they know its power to detach one’s mind from the world of sense and to sharpen one’s sensibility to the world of spirit. The abstaining from foods is still an important tenet of spiritism, as it was in Paul’s day (see 1 Timothy 4:1-3).” –p. 85
- Daniel became one of the greatest OT seers of visions and dreams! See Daniel 1:12, 17, 20; 9:2-3; 10:1-3

Chapter 15: Feshpots of Egypt

- Exodus 16:3
- “It is said that the quickest way to a man’s heart is through his stomach. Evidently Satan thought that that was equally true for a woman, for it was Eve he tempted with the forbidden fruit.” –p. 89
- “Even Noah, a man who walked with God, fell into the trap: ‘He planted a vineyard. He drank of the wine and became drunk and lay uncovered in his tent’ (Genesis 9:20-21).” –p. 89
- Esau and his birthright
- Eli’s house and fattening themselves on the choicest parts. See 1 Samuel 2:29.
- Israel in the wilderness after Egypt captivity. See Psalm 78:29-31; 106:15
- “When we cannot say no to the second helping of the food we like, though we do not need it; when we are forever having snacks between regular meals; when we crave special foods that tickle the palate and appeal to our fastidious appetites; when, in a word, food is an ever-present temptation to which we constantly yield—then it is clear that we are in bondage.” –p. 91

Chapter 16: To Buffet the Body

- 1 Corinthians 9:27
- “The flesh was wont to grumble dreadfully.” –Martin Luther (p. 95)
- Willpower is a muscle, not a skill. Checkout *The Power of Habit*.
- What’s the connection between overindulgence on food and sexual appetite?!
- Deuteronomy 32:15-16
- Romans 13:14

Chapter 17: What About Asceticism?

- Colossians 2:20-23
- “In the development of the ascetic spirit, whether in the Christian or the pagan world, we can discern the master mind of Satan seeking to pervert man’s religious instincts.” –p. 102
- “Neither Christ nor His apostles laid down any rules for fasting. It was a matter between the disciple and his Master in the light of needs and circumstances.” –p. 104
- “Wesley declared, ‘Some have exalted religious fasting beyond all Scripture and reason; and others have utterly disregarded it.’ In studiously avoiding the one, let us watch against the other. The much more prevalent in our day is an easy indulgence that permits us to pamper the flesh when we should buffet it, to feast and enjoy ourselves when we ought to fast and pray.” –p. 106

Chapter 18: Fasting and the Body

- 1 Corinthians 6:13, 19-20
- Air, water, and sleep are urgently needed to sustain human life.
- God has equipped the human body with its own “built-in pantry.”
- “When the stomach is suddenly denied what it has been in the habit of receiving as its right, it tends to cry out like a spoiled child denied its after-dinner bar of chocolate. Hunger, on the other hand, is a cry from the whole body stemming not from habit but from need. We might say, then, that mere appetite relates to the immediate want of the stomach and true hunger to the real need of the body.” –p. 110

Chapter 19: For Health and Healing

- God generally wants us whole and healthy, not sick and hurting. This is why He has equipped the human body with its own wonderful healing powers and His church with a healing ministry.
- 1 Samuel 30:11-15
- Intermittent fasting builds immunity!

Chapter 20: How to Begin

- Don’t overindulge before your fast. Better to bend your will in advance to the battle of self-discipline.
- Tinker with your intake of coffee and/or tea before, during, and after fasting.
- Questions to consider (pp. 121-122:
 - ???
- “You should expect that a season of fasting would prove to be for you, as it was for your Master, a time of conflict with the powers of darkness. Satan will often try to take advantage of your physical condition to launch an attack. Discouragement is one of his weapons. Guard against it by maintaining a spirit of praise.” – p. 122
- Charles Wesley
 - From strength to strength go on,
 - Wrestle, and fight, and pray;
 - Tread all the powers of darkness down,
 - And win the well-fought day.

Chapter 21: How to Break the Fast

- 1 Samuel 30:11-12
- Golden Rules:
 - Watch your quantities.
 - Eat slowly and masticate well. Stop at the first warning sign. Rest as much as possible.
 - Don’t try to do too much too soon.