

Message Notes

February 9, 2025

*Reorient
Fasting: The Good of Going Without
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_____ : To change the direction or focus of something.

Fasting is going _____ in order to feed on the _____. (Mt 4:4, Jn 4:32, Gal 5:16-17)

The Narratives we Bring to Fasting

1. I _____ The body is a _____.

Jesus _____ but not for _____.

2. I _____ The body is a _____.

Jesus _____ but not His _____.

3. I _____ The body is a _____.

Jesus _____ but it was against _____ than flesh and blood.

4. I _____ The body is a _____.

Jesus _____ His body regularly and _____.

“Man shall not live on bread alone, but on every word that comes from the mouth of God.” - Mt 4:4

“I have food to eat that you know nothing about...My food,” said Jesus, “is to do the will of Him who sent me...” - Jn 4:32, 34

“Walk by the Spirit, and you will not gratify the desires of the flesh.” - Gal 5:16

5. I _____ The body is a _____.

The Early Church & Fasting

- Every Wednesday & Friday
- No fasting on Saturday and Sunday these were days for celebration and feasting
- On Holy Saturday the entire Church fasted across the world
- During Lent the entire Church fasted 40 days from sunup to sun down
- As a way to prepare for baptism

The Bible & Fasting

- Most fasts in the bible are one day long
- Sunup to Sundown was the twice/week fast
- There are 3-day, 7 day and 40-day examples
- The three 40-day fasts: Moses (archetype of law), Elijah (archetype of prophets) & Jesus (archetype of gospels and N.T.)
- To Repent: 1 Sam 7:2-6, 1 Kings 21:27-29
- To Grieve: 1 Sam 31:12-13, Neh. 1:2-4,
- To Cry Out in a Crisis: 2 Chron. 20:1-4, Esther 4:15-16
- To change God’s mind: Jonah 3:1-5, 10, Joel 2:12-14
- To know God’s mind in a decision: Acts 13
- To stand in solidarity with the poor: Isaiah 58

Resources:

- “God’s Chosen Fast” by Arthur Wallis
- “Fasting” by Scot McKnight

Digital Lent Guide



A conversation with Dr Alison Cook (PTW)

