

Fasting as Spiritual Exercise

Exercises that sharpen thoughts about God

Practice to improve performance

Exercises are my choice

The example of the godly...

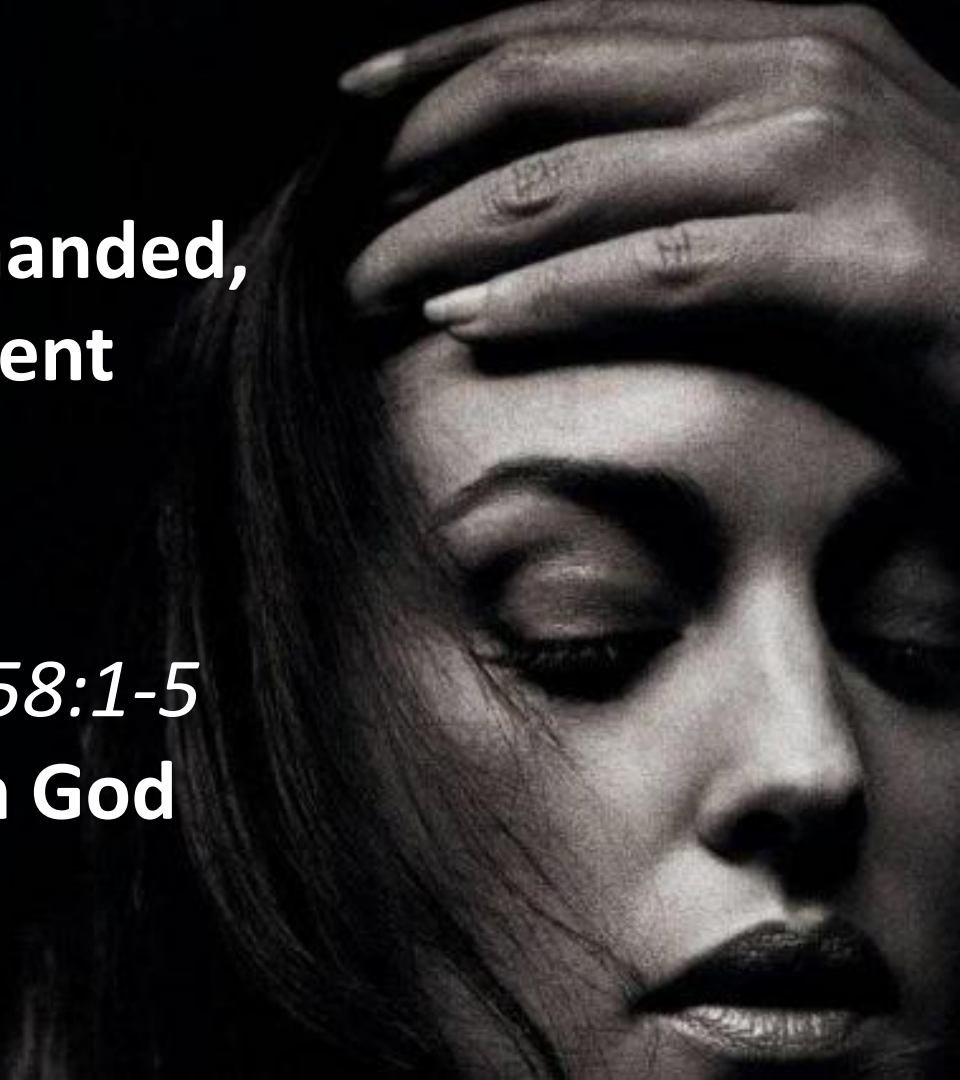
- OT characters -*Ezra 8:21; Neh. 1:4; Dan. 9:3*
- The church in Antioch at the sending of teachers -*Acts 13:1-3*
- Galatian churches at the appointing of elders -*Acts 14:23*
- Paul (perhaps imposed; not by his choice) -*II Cor. 6:5; 11:27*

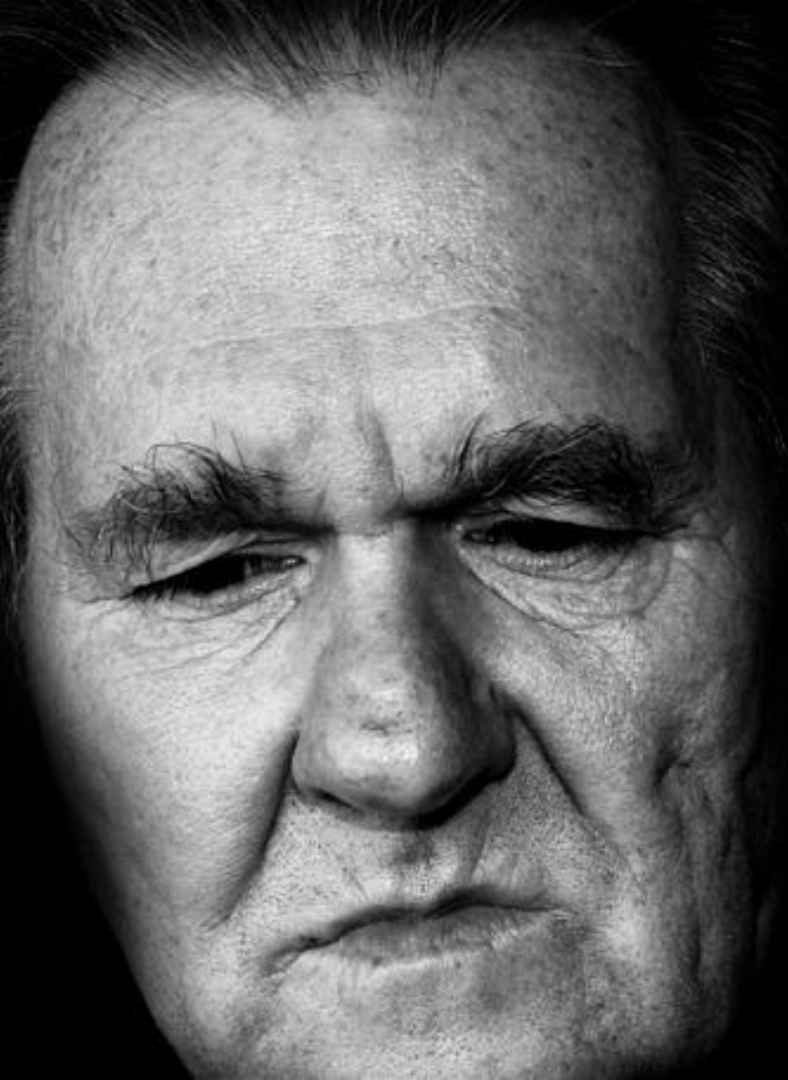
In God's eyes:

- Only *public* fast commanded, on the Day of Atonement (“afflict your souls”)

Lev. 23:27-29

- Foolishly added, *Isa. 58:1-5*
 - “Extra credit” from God
 - Faked afflicting





In the eyes of our peers:



**Generally unobserved,
*Mt. 6:16-18***



In my own eyes:

**I learn that I can rise
above simply being
controlled by my
wants – even
reasonable wants.**



**Sometimes I face
momentous
circumstances that
cause me to fast.
My strength won't
eliminate them.**



**“Afflicting my soul”
by my choice can
enhance my focus
on what’s really
important.**