



RHYTHMS



RHYTHMS

- 1 SPIRITUAL FORMATION
- 2 PRAYER + MEDITATION
- 3 FASTING**
- 4 SIMPLICITY
- 5 WORD
- 6 CONFESSION
- 7 SOLITUDE + SILENCE
- 8 WORSHIP + CELEBRATION
- 9 SABBATH
- 10 SERVICE





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FASTING



2 Corinthians 3:18 NIV '84

And we, who with unveiled faces all reflect the Lord's glory, are being transformed into his likeness with ever-increasing glory, which comes from the Lord, who is the Spirit.



Spiritual Formation

The **Spirit** of God is forming the **people** of God
more & more into the **Son** of God's likeness.



Spiritual Rhythms

Spiritual disciplines; holy habits

Participating with the Spirit, not performing

Training, not trying



“The needed change within us is God’s work, not ours. The demand is for an inside job, and only God can work from the inside. We cannot attain or earn this righteousness of the kingdom of God; it is a grace that is given.”

- Richard Foster, *Celebration of Discipline*



Spiritual Rhythms

Engage

Prayer // Word // Worship // Confession // Service

Unplug

Fasting // Simplicity // Solitude // Silence // Sabbath



“God intends the discipline of the spiritual life to be for ordinary human beings: people who have jobs, who care for children, who must wash dishes and mow lawns. In fact, the disciplines are best exercised in the midst of our normal daily activities. If they are to have any transforming effect, the effect must be found in the ordinary junctures of human life: in our relationships with our husband or wife, our brothers and sisters, our friends and neighbors... The spiritual disciplines are intended for our good. They are meant to bring the abundance of God into our lives.”

- Richard Foster, *Celebration of Discipline*



Fast^{ing}

in the Bible

Mentioned over 70 times

Commanded only once (Lev 23:27)

Assumed as part of a vibrant spiritual life



Matthew 6:16-18 ^{NIV}

“**When you fast**, do not look somber as the hypocrites do, for they disfigure their faces to show others they are fasting. Truly I tell you, they have received their reward in full. ¹⁷ But **when you fast**, put oil on your head and wash your face, ¹⁸ so that it will not be obvious to others that you are fasting, but only to your Father, who is unseen; and your Father, who sees what is done in secret, will reward you.



Matthew 9:14-15 NIV

Then John's disciples came and asked him, "How is it that we and the Pharisees fast often, but your disciples do not fast?" ¹⁵ Jesus answered, "How can the guests of the bridegroom mourn while he is with them? The time will come when the bridegroom will be taken from them; then they will fast."





The rhythm of the spiritual life
includes feasting and fasting.



Acts 13:2-3 ^{NIV}

While they were worshiping the Lord and fasting, the Holy Spirit said, “Set apart for me Barnabas and Saul for the work to which I have called them.” ³ So after they had fasted and prayed, they placed their hands on them and sent them off.

Acts 14:23-24 ^{NIV}

Paul and Barnabas appointed elders for them in each church and, with prayer and fasting, committed them to the Lord, in whom they had put their trust.



Fasting

Abstaining from something essential, for the benefit of something spiritual.

A purposeful emptying, for the purpose of filling.



Fasting

what it does not do



Does not make us more righteous

Does not make God hear us more



Fasting

what it does do

Acknowledges dependence on the Lord



Fasting

what it does do



Acknowledges dependence on the Lord
Creates space to hear the Lord's voice



Fasting

what it does do

Acknowledges dependence on the Lord

Creates space to hear the Lord's voice

Reveals our false dependencies



How can we
Fast?



Out of **response** or as a **discipline**
Partial or **total**



Types of
Fasting?



Food (types of food)

Media (social media)





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includes feasting and fasting.

