

“Deny the Flesh and Feed the Spirit”

Luke 4:1-13, 5:33-39

Fasting is Not:

1. Just Abstaining
2. A Hunger Strike
3. A Dieting/Health Fad

Fasting is:

1. To Starve the Flesh and Feed the Spirit
2. To Pray
3. To Draw Close and Hear the Heart of God

Tips for Fasting and Prayer

Prayer

- **Commit to a specific time each day to devote to prayer.** Find a place where you can be free of distractions and be alone with God.
- **Use the prayer points and Scripture** in the guide we give you to focus and fuel your praying. **Write** the Scripture and prayer point on a card and carry it with you, post it on your social media, make it the **screensaver on your phone**—whatever you can think of to keep these prompts in front of you. Use them throughout the day and invite others to join you in praying.

- You can take it a step further by **journaling** your prayers each day, simply writing out your prayers to God. It's a great opportunity to hide God's Word in your heart, working to memorize the verses as you meditate and pray.
- In addition, you may consider ways to **pray with others** during this season. Set up a video call with friends or members of your small group. Pray together as a family. Invite others to join you on this journey.

Fasting

Why are we calling Crossgate to fast? Fasting is a way to deepen our hunger for God and to grow in holiness and hunger for God. More than any other discipline, fasting reveals the things that control us. (Richard Foster) And so it confronts us with our need to surrender to God. It is not a way to manipulate God or coerce him to hear and answer our prayers, but rather it acknowledges our complete dependence on him. It humbles us and awakens us to our great need for and reliance on God. As you consider fasting, we want to encourage you to listen to the Holy Spirit. Ask God to lead you in this time of seeking his face. Whether you choose to fast for one day, several days, or the entire 21 days, the point is to humble yourself in a new way and draw near to God. Here are some ideas of what you could choose.

- **You might choose a selective fast, eliminating certain things from your diet.** Eating only fruits and vegetables, what some might call a "Daniel fast," is an example of this type of fasting.
- **Another option is a partial fast, which is refraining from eating for a set period of time each day.** You could choose to fast from a single meal or from sunup to sundown.
- **Some of you may feel led to engage in a complete fast,** refraining from eating and only drinking liquids for particular days or even an extended period of time.
- **If, for some reason, fasting from food is not possible for you, you may want to consider other ways to capture time in this season to focus and pray. While abstaining from things like social media and television are not the same as fasting from food, they might allow you some dedicated time to pray.**

Additional Resources:

- **cru.org:** [Seven Basic Steps to Successful Fasting and Prayer](#) and [Six Ingredients That Will Help You Fast From Technology](#)
- **Sermon by John Mark Comer:** <https://bridgetown.church/teachings/fasting/to-starve-the-flesh-and-feed-the-spirit>