

3 QUICK THOUGHTS ABOUT FASTING

1. GOD REWARDS FASTING

MATTHEW 6:17–18

“...when you fast...your Father, who sees what is done in secret, *will reward you.*”

We didn't come up with this plan. He did.

It's God's desire to bless you when you pursue Him in practical ways. Rather than getting really specific in your idea of how He should bless you, pray for contentment with whatever He chooses as your reward. It may be different than you expect. It may come at a different time. But God is good and so are His rewards.

If you chose your reward, it might be a cheeseburger that you could eat immediately. *God can do better than that, but it might take patience.* Let Him decide when and how He will reward you, and look forward to it! He's your Father and He's good at blessing you!

2. JESUS EXPECTS US TO FAST

MATTHEW 6:17

“...*when you fast...*”

Jesus never said, “*if you fast*”. He said, “*when you fast*”.

As radical as it can seem to stop eating or to change your diet, this is normal behavior for a follower of Jesus. *Stirring hunger as we pursue God is good.*

Congratulations! You are fulfilling a command from Jesus, which is always good! Don't give up! You can do this! *Jesus expects you to!*

3. FASTING IS SUPPOSED TO BE HARD

MATTHEW 6:16,17

“When you fast, *do not look somber...*when you fast, *put oil on your head and wash your face...*”

When Jesus taught us how to fast, He had to emphasize how to *not look miserable*. He took time to teach us how to look normal. Why? Because fasting makes you feel miserable and not normal! Fasting is supposed to be hard.

That's the point. While I fast, I'm teaching my body that my spiritual craving for God is more important than my body's craving for attention. But my body is fighting back!

Don't give up when it gets difficult. *That's when you know it's working!*
Keep showing your stomach that God is the Boss!