

Some Things Only by P & F, Nov. 6 to 9, 2025

WHY LEARNING COMMUNITIES? **Circle Two Opportunity...**

To become better and better disciples of Christ TOGETHER so we can face **anything** through...

1. Deeper learning of Biblical truth and
2. Stronger “iron sharpening iron” relationships

Ephesians 4:12–16 (ESV)

SUNDAY'S HOMEWORK

1. In the Throne Room, “God, show me how you want me to fast... how you want me to go farther than ever before... how I’m compromising that I need to change... and what You need to show me.”
2. Do the fasting week in community
3. Pray for Pastor Herb, that God will give him clarity on what this fast is about for us as a community.

ALIGNMENT THROUGH FASTING!!

Relationship with God through Christ is all about intimacy and alignment.

Fasting is a primary means to increase alignment with God so that we experience soul-deep satisfaction.

Fasting with prayer is a skill we must develop as with all relationship skills.

Skills are best developed by learning from others who are more competent.

1. FASTING IN THE BIBLE

† In the Old Testament fasting was a scheduled practice AND a response to bad circumstances as a means to align with God in repentance, surrender, obedience.

- ➔ Jehoshaphat and Judah – alignment with God that led to God doing the impossible,
2 Chronicles 20 (ESV) (pew Bible page 372)

† Jesus’ arrival transformed fasting (along with everything else) into **a relational practice**.

- ➔ John the Baptist lived in life-long form of fasting through a sacrificial diet to ALIGN with God.

Mark 1:6–7 (ESV) ⁶Now John was clothed with camel’s hair and wore a leather belt around his waist and ate locusts and wild honey. ⁷And he preached, saying, “After me comes he who is mightier than I, the strap of whose sandals I am not worthy to stoop down and untie.

- ➔ Jesus obeyed the Father to be baptized, was led by the Holy Spirit into the wilderness (the place of God’s absence) to do battle with the devil, 40 days of fasting was an assumed part of that.

Luke 3:21–22 (ESV) (pew Bible page 858)

Luke 4:1–2 (ESV)

- ➔ Heaven’s resources, God’s Presence and power were the result of Jesus’ obedience

Luke 4:13 (ESV) ¹³And when the devil had ended every temptation, he departed from him until an opportune time.

Matthew 4:11 (ESV) ¹¹Then the devil left him, and behold, angels came and were ministering to him.

Luke 4:14–15 (ESV) ¹⁴And Jesus returned in the power of the Spirit to Galilee, and a report about him went out through all the surrounding country. ¹⁵And he taught in their synagogues, being glorified by all.

- ➔ Jesus’ obedience to fast and fight developed ALIGNMENT and provides a model for us
Hebrews 5:7–9 (ESV) (pew Bible page 1003)

➔ Jesus assumed and commanded the practice of fasting

Matthew 6:16–18 (ESV) ¹⁶“And when you fast, do not look gloomy like the hypocrites, for they disfigure their faces that their fasting may be seen by others. Truly, I say to you, they have received their reward. ¹⁷But **when you fast**, anoint your head and wash your face, ¹⁸that your fasting may not be seen by others but by your Father who is in secret. And your Father who sees in secret will reward you.

Matthew 9:14–15 (ESV) ¹⁴Then the disciples of John came to him, saying, “Why do we and the Pharisees fast, but your disciples do not fast?” ¹⁵And Jesus said to them, “Can the wedding guests mourn as long as the bridegroom is with them? The days will come when the bridegroom is taken away from them, and **then they will fast**.

➔ Fasting is a practical way to obey Jesus’ command to deny ourselves

Luke 9:23 (ESV) ²³And he said to all, “If anyone would come after me, let him deny himself and take up his cross daily and follow me.

➔ The early church leaders practiced fasting – THE leaders of the Christians in that era

Acts 13:1–3 (ESV) ¹Now there were in the church at Antioch prophets and teachers, Barnabas, Simeon who was called Niger, Lucius of Cyrene, Manaen a lifelong friend of Herod the tetrarch, and Saul. ²While they were worshipping the Lord and fasting, the Holy Spirit said, “Set apart for me Barnabas and Saul for the work to which I have called them.” ³Then after fasting and praying they laid their hands on them and sent them off.

➔ From Sunday - fasting is God’s invitation to allow Him to do the “impossible” through alignment

Mark 9:23-24 (ESV) ²³And Jesus said to him, “ ‘If you can’! **All things are possible for one who believes.**” ²⁴Immediately the father of the child cried out and said, “**I believe; help my unbelief!**”

2. Questions about Fasting.

What are the nuts and bolts about fasting you are still wondering about?
What clarifications and details come to mind?

3. Testimonies about Fasting.

How have you experienced God’s Presence through fasting?
How have you experienced God working through fasting?
What have you learned about implementing fasting – from earlier attempts?
What are some practical do’s and don’ts as you’ve developed the skill of fasting?

Takeaways:

