

FORMATIONS

SPIRITUAL DEVELOPMENT SKILLS

FORMED BY FOOD

JUNE 12 AND 19



1. Food forms us through fasting.

1. Food forms us through fasting.

Fasting forms **praying disciples**.

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Fasting forms praying disciples.

fasting - the purposeful removal of food
to focus on prayer

- **Jesus fasted.**

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“Then Jesus was led up by the Spirit into the wilderness to be tempted by the devil. And after fasting forty days and forty nights, he was hungry.”

Matthew 4:1-2

- Jesus fasted.
- Fasting can be **fake.**

“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.

“But when you fast, anoint your head and wash your face, that 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 6:16-18

Three times for fasting:

Three times for fasting:

- times of **intercession and direction**

Military:

Military:

“Then all the people of Israel, the whole army, went up and came to Bethel and wept. They sat there before the LORD and fasted that day until evening, and offered burnt offerings and peace offerings before the LORD. And the people of Israel inquired of the LORD ... saying, ‘Shall we go out once more to battle?’”

Judges 20:26-28

Healing:

Healing:

“Then his servants said to him, ‘What is this thing that you have done? You fasted and wept for the child while he was alive; but when the child died, you arose and ate food.’ He said, ‘While the child was still alive, I fasted and wept, for I said, “Who knows whether the LORD will be gracious to me, that the child may live?”’”

2 Samuel 12:21-22

Protection while traveling:

Protection while traveling:

“Then I proclaimed a fast there, at the river Ahava, that we might humble ourselves before our God, to seek from him a safe journey for ourselves, our children, and all our goods.”

Ezra 8:21

Behalf of enemies:

Behalf of enemies:

“Malicious witnesses rise up; they ask me of things that I do not know. They repay me evil for good; my soul is bereft. But I, when they were sick — I wore sackcloth; I afflicted myself with fasting; I prayed with head bowed on my chest. I went about as though I grieved for my friend or my brother; as one who laments his mother, I bowed down in mourning.”

Psalm 35:11-14

Spiritual Leadership:

Spiritual Leadership:

“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.’ Then after fasting and praying they laid their hands on them and sent them off.”

Acts 13:2-3

Spiritual Leadership:

“And when they had appointed elders for them in every church, with prayer and fasting they committed them to the Lord in whom they had believed.”

Acts 14:23

Three times for fasting:

- times of intercession and direction
- times of **mourning**

“Then David took hold of his clothes and tore them, and so did all the men who were with him. And they mourned and wept and fasted until evening for Saul and for Jonathan his son and for the people of the LORD and for the house of Israel, because they had fallen by the sword.”

2 Samuel 1:11-12

“When Mordecai learned all that had been done, Mordecai tore his clothes and put on sackcloth and ashes, and went out into the midst of the city, and he cried out with a loud and bitter cry....

“And in every province, wherever the king’s command and his decree reached, there was great mourning among the Jews, with fasting and weeping and lamenting, and many of them lay in sackcloth and ashes.”

Esther 4:1-3

“For zeal for your house has consumed me,
and the reproaches of those who reproach
you have fallen on me. When I wept and
humbled my soul with fasting, it became my
reproach.”

Psalm 69:9-10

Three times for fasting:

- times of intercession and direction
- times of mourning
- times of **confession and repentance**

“So they gathered at Mizpah and drew water and poured it out before the LORD and fasted on that day and said there, ‘We have sinned against the LORD.’”

1 Samuel 7:6

“Then all who trembled at the words of the God of Israel, because of the faithlessness of the returned exiles, gathered around me while I sat appalled until the evening sacrifice.

“And at the evening sacrifice I rose from my fasting, with my garment and my cloak torn, and fell upon my knees and spread out my hands to the LORD my God, saying: ‘O my God, I am ashamed and blush to lift my face to you, my God, for our iniquities have risen higher than our heads, and our guilt has mounted up to the heavens.’”

Ezra 9:4-6

“Then I turned my face to the Lord God,
seeking him by prayer and pleas for mercy
with fasting and sackcloth and ashes.

“I prayed to the LORD my God and made confession, saying, ‘O Lord, the great and awesome God, who keeps covenant and steadfast love with those who love him and keep his commandments, we have sinned and done wrong and acted wickedly and rebelled, turning aside from your commandments and rules.’”

Daniel 9:3-5

“‘Yet even now,’ declares the LORD, ‘return to me with all your heart, with fasting, with weeping, and with mourning.’”

Joel 2:12

“Jonah began to go into the city, going a day’s journey. And he called out, ‘Yet forty days, and Nineveh shall be overthrown!’ And the people of Nineveh believed God. They called for a fast and put on sackcloth, from the greatest of them to the least of them.”

Jonah 3:4-5

Consider your life ... hear an invitation to fast
and pray.

Consider your life ... hear an invitation to fast and pray.

- Where do you need direction?

Consider your life ... hear an invitation to fast and pray.

- Where do you need direction?
- For whom are you praying?

Consider your life ... hear an invitation to fast and pray.

- Where do you need direction?
- For whom are you praying?
- What loss do you need to mourn?

Consider your life ... hear an invitation to fast and pray.

- Where do you need direction?
- For whom are you praying?
- What loss do you need to mourn?
- What needs confession and repentance?

1. Food forms us through fasting.
2. Food forms us through **feasting**.

1. Food forms us through fasting.
2. Food forms us through feasting.

Feasting forms **celebrating disciples**.

1. Food forms us through fasting.
2. Food forms us through feasting.

Feasting forms celebrating disciples.

feasting - purposeful consumption of food
to celebrate

“The LORD your God is in your midst, a mighty one who will save; he will rejoice over you with gladness; he will quiet you by his love; he will exult over you with loud singing.”

Zephaniah 3:17

“On this mountain the LORD of hosts will make for all peoples a feast of rich food, a feast of well-aged wine, of rich food full of marrow, of aged wine well refined.

“And he will swallow up on this mountain the covering that is cast over all peoples, the veil that is spread over all nations.

“He will swallow up death forever; and the Lord GOD will wipe away tears from all faces, and the reproach of his people he will take away from all the earth, for the LORD has spoken.”

Isaiah 25:6-8

- Celebrate **life events**

“Virtually the only type of meeting of the early Jesus movement that is described in Scripture and the literature of the second century is that involving a common meal. Here the meal is called ‘love’ (the translation ‘love feasts’ (pl.) is simply an attempt to get at the meaning of the plural of agapē, the Greek term for love).”

David Peters

- Celebrate life events
- Celebrate **God's works**

- Sabbath

- Sabbath
- Passover

- Sabbath
- Passover
- Feast of Unleavened Bread

- Sabbath
- Passover
- Feast of Unleavened Bread
- Feast of First Fruits

- Sabbath
- Passover
- Feast of Unleavened Bread
- Feast of First Fruits
- Feast of Weeks / Pentecost

- Sabbath
- Passover
- Feast of Unleavened Bread
- Feast of First Fruits
- Feast of Weeks / Pentecost
- Feast of Trumpets

- Sabbath
- Passover
- Feast of Unleavened Bread
- Feast of First Fruits
- Feast of Weeks / Pentecost
- Feast of Trumpets
- Day of Atonement

- Sabbath
- Passover
- Feast of Unleavened Bread
- Feast of First Fruits
- Feast of Weeks / Pentecost
- Feast of Trumpets
- Day of Atonement
- Feast of Tabernacles / Booths

Jesus feasted.

Jesus feasted.

“On the third day there was a wedding at Cana in Galilee, and the mother of Jesus was there. Jesus also was invited to the wedding with his disciples.

Jesus feasted.

“When the wine ran out, the mother of Jesus said to him, ‘They have no wine.’ And Jesus said to her, ‘Woman, what does this have to do with me? My hour has not yet come.’ His mother said to the servants, ‘Do whatever he tells you.’”

John 2:1-5

“Now his parents went to Jerusalem every year at the Feast of the Passover. And when he was twelve years old, they went up according to custom.”

Luke 2:41-42

“Then came the day of Unleavened Bread, on which the Passover lamb had to be sacrificed. So Jesus sent Peter and John, saying, ‘Go and prepare the Passover for us, that we may eat it.’”

Luke 22:7-8

“After this he went out and saw a tax collector named Levi, sitting at the tax booth. And he said to him, ‘Follow me.’ And leaving everything, he rose and followed him.

“And Levi made him a great feast in his house, and there was a large company of tax collectors and others reclining at table with them.

“And the Pharisees and their scribes grumbled at his disciples, saying, ‘Why do you eat and drink with tax collectors and sinners?’”

Luke 5:27-30

“For John the Baptist has come eating no bread and drinking no wine, and you say, ‘He has a demon.’ The Son of Man has come eating and drinking, and you say, ‘Look at him! A glutton and a drunkard, a friend of tax collectors and sinners!’”

Luke 7:33-34

What results from feasting?

What results from feasting?

- Clearer picture of **God**

What results from feasting?

- Clearer picture of God
- Clearer picture of **Jesus**

What results from feasting?

- Clearer picture of God
- Clearer picture of Jesus
- Clearer picture of **community**

What results from feasting?

- Clearer picture of God
- Clearer picture of Jesus
- Clearer picture of community
- Clearer picture of **worship**

Final observations:

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- Fasting and feasting balance the Christian life.

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- Fasting and feasting complement each other.

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- Fasting and feasting complement each other.
- Food forms us.

Final observations:

- Fasting and feasting balance the Christian life.
- Fasting and feasting complement each other.
- Food forms us.

“So whether you eat, or drink, or whatever you do, do all to the glory of God.”

1 Corinthians 10:31