

# FAST FROM, FEAST ON

## Fast From, Feast On

### Key idea:

Theme: Following Jesus' pattern of fasting and feasting, abstaining from food and activities to feast upon the Presence of God, is key to experiencing a flourishing life.

### Key text:

Matthew 4:1-4

Then Jesus was led by the Spirit into the desert to be tempted by the devil. <sup>2</sup> After fasting forty days and forty nights, he was hungry. <sup>3</sup> The tempter came to him and said, "If you are the Son of God, tell these stones to become bread." <sup>4</sup> Jesus answered, "It is written: 'Man does not live on bread alone, but on every word that comes from the mouth of God.'"

Luke 7:33-34

For John the Baptist came neither eating bread nor drinking wine, and you say, 'He has a demon.'<sup>34</sup> The Son of Man came eating and drinking, and you say, 'Here is a glutton and a drunkard, a friend of tax collectors and "sinners.'"

### Key points:

1. Fasting is the voluntary act of abstaining from food (or activity) for a period of time for a spiritual purpose.
  - a. Fasting can include abstaining from certain food or drinks, from everything except water, or for short durations even abstaining from water.
  - b. Fasting can be done for various lengths of time, from part of one day through an extended period.
  - c. 'Fasting' can also refer to abstaining from certain activities for a period of time.
2. Feasting is when we take special pleasure and delight in a meal (or activity), often with an extra abundance of food (or the activity)
  - a. Feasting can be done for various lengths of time, from a single meal or activity or for an extended period of time.

- b. 'Feasting' can also refer to enjoying an abundance of time in certain activities.
3. Jesus' life was built on a pattern of fasting and feasting, and when He fasted He used the time to feast upon the Presence of His Father.
4. As disciples of Jesus, we need to learn from His pattern of life and practices. Thus we need to follow a pattern of fasting and feasting, including both fasting from food to feast upon God's Word and Presence, and fasting from regular activities to give increased time to feast upon His Presence.

**Questions for discussion/application:**

1. What part of Sunday's teaching stood out most to you? Why?
2. Do I tend to think of my life in terms of rhythms of changing patterns and emphases in my actions or in terms of following the same pattern continually?
3. When I consider creation, what evidence do I see that God has built changing rhythms into the whole created order? What does this tell me about what I should expect for human life and flourishing?
4. How does modern technology hide the natural rhythms of creation and life? How does this impact the way I approach my life?
5. Does our culture emphasize fasting or feasting more? What corporate fasts do we emphasize? What corporate feasts do we celebrate?
6. Have I ever thought of Jesus as following rhythms of fasting and feasting? How does recognizing this pattern in His life change my view of what it means to be a follower of Jesus today?
7. How do I plan to incorporate fasting from food to feast on God's Word and Presence into my rhythms during Lent (February 14, 2024 - March 28, 2024)?  
NOTE: Do not attempt to fast if you have a medical condition that might make fasting from food for significant periods a hazard to your health.
8. What activities do I plan to restrict during Lent (February 14, 2024 - March 28, 2024) so that I can spend more time sitting with and listening to Jesus? What will I do "less" so that I can do "more" of being with Jesus?
9. Who will I call or see to encourage this week? Who can I encourage to gather with God's people to worship this King this coming Sunday?

**Recommended Resource: [Less Is More - Lent](#) (teaching from 2015)**