

Wednesday, November 30, 2011

Stories and Teachings of Jesus

Matthew 6:16-18

“When You Fast”

“When you fast, do not look somber as the hypocrites do, for they disfigure their faces to show others they are fasting. Truly I tell you, they have received their reward in full. ¹⁷ But when you fast, put oil on your head and wash your face, ¹⁸ so that it will not be obvious to others that you are fasting, but only to your Father, who is unseen; and your Father, who sees what is done in secret, will reward you. Matthew 6:16-18, NIV

Fasting is not:

- An obligation
- A rung in the ladder of spiritual superiority

What is fasting?

Fasting is a spiritual discipline that makes a significant difference in me and in the world.

Four things I’ve learned about myself:

1. I have limitations
2. I can be stretched
3. I have something significant to offer
4. I can make a significant difference

What do I have to offer if I am willing to be stretched?

- Skills
- Resources
- Presence
- Faith

Five questions I ask myself to get started:

- Who?
- What?
- When?
- Where?
- Why?

