

GAME CHANGER



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“Fasting”

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The practice of spiritual disciplines will be a **game changer** for your faith.

Today, we will focus on the often overlooked yet incredibly potent spiritual discipline of **fasting**.

Fasting is the practice of forgoing **physical** nourishment to gain **spiritual** nourishment.

“I have not departed from the command of his lips; I have treasured the words of his mouth more than my daily bread.” (Job 23:12)

I. Fasting demands **sacrifice**.

“Therefore, I urge you, brothers, in view of God’s mercy, to offer your bodies as living sacrifices, holy and pleasing to God - this is your spiritual act of worship.” (Romans 12:1)

II. Fasting embraces **solitude**.

“Then Jesus was led by the Spirit into the desert to be tempted by the devil. After fasting forty days and forty nights, he was hungry.” (Matthew 4:1-2)

III. Fasting includes **silence**.

“Be still and know that I am God” (Psalm 46:10)

A four-week fasting challenge:

Every Thursday for the next four weeks, commit to a partial or total fast.

Week One: Fast with a focus on **personal** repentance and confession to God.

Week Two: Fast with a focus on **praise** and adoration to God.

Week Three: Fast with a focus on **preparation** for upcoming service to God.

Week Four: Fast with a focus on God’s **presence** and **power** in our lives and church.