

# Forty Days

2/17/21

Today marks the start of the 40 day fast for followers Christ. The act of fasting depriving yourself of food for a short time is not to inflict suffering. It is to guard against gluttony moving your thoughts past your desires to a place of prayer and communication with God. The tradition referred to as Lent starts 40 days before Resurrection Sunday (Easter Sunday). Even Christ himself experienced a time of fasting. Matthew 4:1-11 gives an account of his 40 day fast.

## **Matthew 4:1-11**

### **The Temptation of Jesus**

**4** Then Jesus was led up by the Spirit into the wilderness to be tempted by the devil. **2** And after fasting forty days and forty nights, he was hungry. **3** And the tempter came and said to him, "If you are the Son of God, command these stones to become loaves of bread." **4** But he answered, "It is written, "Man shall not live by bread alone, but by every word that comes from the mouth of God.'" **5** Then the devil took him to the holy city and set him on the pinnacle of the temple **6** and said to him, "If you are the Son of God, throw yourself down, for it is written, "He will command his angels concerning you," and "On their hands they will bear you up, lest you strike your foot against a stone.'" **7** Jesus said to him, "Again it is written, 'You shall not put the Lord your God to the test.'" **8** Again, the devil took him to a very high mountain and showed him all the kingdoms of the world and their glory. **9** And he said to him, "All these I will give you, if you will fall down and worship me." **10** Then Jesus said to him, "Be gone, Satan! For it is written, "You shall worship the Lord your God and him only shall you serve.'" **11** Then the devil left him, and behold, angels came and were ministering to him.



The scripture tells us that Jesus was hungry, when tempted to feed himself he responds strengthened by the Spirit. "Man does not live by bread alone..." His time spent fasting in the desert prepared him for what was before him. Jesus in his human flesh completed the task paying the price for the penalty of the sin of all mankind. Take the next 40 days to pray and fast. Draw close to the Father through his word. Prepare your heart to receive the gift given on Resurrection Sunday, everlasting life!