

Hungry for the Bread of Life (New Testament fasting)



Straight and Balanced Publications
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William Heath, July 8, 2023



Title (focus)

- [1.](#) Myself & Jesus (Spirit-led/bread)
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Scripture - chapter context (focus)

Matthew 4 (1-4), John 6 (35-40)
Psalm 35 (9-18), Nehemiah 1 (1-4)
Isaiah 58, Zechariah 7-8 (7:4-7)
Matthew 6 (16-18), Luke 5:27-39
Acts 10 (30-31), 27 (21, 31, 33-36)
2 Corinthians 6:4-10 (5), 11:22-33 (27)
Romans 14 (3-4)
Philippians 3 (12-17)

[Endnotes](#)

Resources (hyperlinks)

Your Bible, and all your heart, your soul, your strength (body), and your mind (Luke 10:27)

Fasting Without Hypocrisy, Part 1 Part 2 (gty.org) John MacArthur (1 hour each)

A Hunger for God: Desiring God Through Fasting and Prayer - John Piper (200 pg)

"What is the connection between prayer and fasting?" - Gotquestions.net (1 page)

Introduction: *Fasting is a discipline of the Christian life where we must let the Spirit lead us and search our hearts. There are no specific rules for fasting, except it is linked with prayer, going without eating food, and voluntary. Fasting is the opposite of gluttony. This series focuses on personal, private, and small group fasting for humiliation, direction, illumination, intercession, and sorrow. As we encourage one another to seek and find God's high calling for our lives and each other's lives, we grow in Christ.*

William Heath

Myself & Jesus (bread)

1

Testimony: *"If the solemnities of our fasting, though frequent, long, and severe, do not serve to put an edge upon devout affections, to quicken prayer, to increase Godly sorrow, and to alter the temper of our minds, and the course of our lives, for the better, they do not at all answer the intention, and God will not accept them as performed to Him."* Matthew Henry

Text: Matthew 4:1-4, John 6:35-40 (Rightly Dividing Bible, KJVish compared w/Greek & Hebrew)

Matthew 4:1-4 **Temptation 1 – Lust of the Flesh** (hungry – manna/bread) Deut 8:3

¹ Then Jesus was led up of the Spirit into the wilderness to be tempted of the devil. ² And when He had fasted forty days and forty nights, He was afterward hungry. ³ And when the tempter came to Him, He said, "If You be the Son of God, command that these stones become bread." ⁴ But He answered and said, "It is written, Man shall not live by bread alone, but by every word that proceeds out of the mouth of God."

Note: Food is always the first of three categories of all temptation and resulting sin; see Genesis 3:6, Luke 4:1-13, & 1 John 2:16. The 40-day fast by Moses, Elijah, and Jesus is unique. This 40-day fast by Jesus in the wilderness is similar to the 40 years by Israel, 1 Corinthians 10:1-14, except Jesus was victorious in every temptation; therefore never sinned.

John 6:35-40 (context of 6:1-71)

³⁵ And Jesus said unto them, **I am the bread of life:** he that comes to Me shall never hunger; and he that believes on Me shall never thirst. ³⁶ But I said unto you, That ye also have seen Me, and believe not. ³⁷ All that the Father gives Me shall come to Me; and him that comes to Me I will in no wise cast out. ³⁸ For I came down from heaven, not to do My own will, but the will of Him that sent Me. ³⁹ And this is the Father's will which has sent Me, that of all which He has given Me I should lose nothing, but should raise it up again at the last day. ⁴⁰ And this is the will of Him that sent Me, that everyone which sees the Son, and believes on Him, may have everlasting life: and I will raise him up at the last day.

Talk

1. Think of your personal experience with fasting. How has it been?
2. The Holy Spirit led Jesus to fast. How does that relate to you?
3. Describe how you come to Jesus to eat the spiritual bread He offers today?

Old Testament (blessing)

2

Testimony: *There are some things which cannot be done except as a result of the sternest spiritual discipline. If we are to do marvellous things we must be marvelously open to the incoming of God. And prayer and fasting are two of the appointed means of grace. Fasting covers everything that detaches the soul from the world. Prayer covers everything that attaches the soul to God.* John Henry Jowett

Christian Classics Ethereal Library (ccel.org)

Text: Psalm 35:11-14, Nehemiah 1:1-4 (Rightly Dividing Bible)

Psalm 35

Vindicate (1-8, 19-26) / **Messiah 1** (9-18, 27-28)

Writer: David 3a

¹¹ False witnesses did rise up; they laid to my charge [things] that I knew not. ¹² They rewarded me evil for good [to] the spoiling of my soul. ¹³ But as for me, when they were sick, my clothing was sackcloth: I humbled my soul with fasting; and my prayer returned into my own bosom. ¹⁴ I behaved myself as though [he had been] my friend [or] brother: I bowed down heavily, as one that mourns [for his] mother.

Nehemiah 1:1-3 **Nehemiah Hears of Great Affliction, Reproach, & Jerusalem's Walls/Gates**

¹ The words of Nehemiah the son of Hachaliah. And it came to pass in the month Chisleu, in the twentieth year, as I was in Shushan the palace, ² That Hanani, one of my brethren, came, he and [certain] men of Judah; and I asked them concerning the Jews that had escaped, which were left of the captivity, and concerning Jerusalem. ³ And they said unto me, The remnant that are left of the captivity there in the province are in great affliction and reproach: the wall of Jerusalem also is broken down, and the gates thereof are burned with fire.

1:4-11 **Nehemiah's Prayer - Burden of Leaders**

Supplication – 1 (1:4-11)

⁴ And it came to pass, **when I heard these words**, that I sat down and wept, and mourned [certain] days, and fasted, and prayed before the God of heaven,

Note: 18 prayers in the book of Nehemiah

- 2 supplications – 1:4-11 and 9:1-3
- 2 thanks – 9:7-25 and 12:40
- 3 praise – 8:8, 9:4-6 and 12:41-43
- 11 pray without ceasing – 2:4, 4:4-5, 4:9, 5:19, 6:9b, 6:14, 13:14, 13:14, 13:22b, 13:29, and 13:31b are in the spirit of 1 Thessalonians 5:17 "Pray without ceasing."

Talk [Does Fasting Help? Dr. Charles Stanley](#) (6 minutes)

1. Describe how personal fasting and prayer may profit your soul.

2. Describe how group fasting and prayer may profit many souls.

3. Will you join the small group fast during session 7, which is the week of

_____? Okay, if no, unknown or possibly.

Old Testament (curse)

3

Testimony: *Fasting of the body is food for the soul.* Saint John Chrysostom

Fasting cleanses the soul, raises the mind, subjects one's flesh to the spirit, renders the heart contrite and humble, scatters the clouds of concupiscence, quenches the fire of lust, and kindles the true light of chastity. Enter again into yourself. Saint Augustine

Text: Isaiah 58, Zechariah 7:4-7 (Rightly Dividing Bible)

Isaiah Chapter 58

God's Chosen Fast

58:1-5 **Isaiah Reproves National Hypocrisy**

⁴ Behold, ye fast for strife and debate, and to smite with the fist of wickedness: ye shall not fast as [ye do this] day, to make your voice to be heard on high. ⁵ **Is it such a fast that I have chosen?** a day for a man to afflict his soul? [is it] to bow down his head as a bulrush, and to spread sackcloth and ashes [under him]? will you call this a fast, and an acceptable day to the LORD?

58:6-7 **True Fasting**

⁶ **[Is] not this the fast that I have chosen?** to loose the bands of wickedness, to undo the heavy burdens, and to let the oppressed go free, and that ye break every yoke? ⁷ [Is it] not to deal your bread to the hungry, and that you bring the poor that are cast out to your house? when you see the naked, that you cover him; and that you hide not yourself from your own flesh?

58:8-12 **The Rewards of Godliness**

Zechariah 7:4-7 **Answer 1 – Obedience must come before Sacrifice** (Is 58, 1 Sam 15:22)

⁴ Then came the word of the LORD of hosts to me, saying, ⁵ **Speak unto all the people of the land, and to the priests,** saying, When ye fasted and mourned in the fifth and seventh [month], even those **seventy years**, did ye at all fast unto Me, [even] to Me? ⁶ And when ye did eat, and when ye did drink, did not ye eat [for yourselves], and drink [for yourselves]? ⁷ **[Should ye] not [hear] the words which the LORD has cried by the former prophets, when Jerusalem was inhabited and in prosperity,** and the cities thereof round about her, when [men] inhabited the south and the plain?

Talk [Why Your Fast is Not Working | Tony Evans Sermon](#) (10 minutes)

1. What must you do before you fast to be heard and seen by God? (Isaiah 58:4-7, Zechariah 7:4-7)
2. Wrong fast: Share your experience if you have fasted wrongly.
3. Right fast: Have you ever fasted and prayed rightly for 24 hours? Longest time? Results?

Testimony: J. C. RYLE (Evangelical bishop of Liverpool who lived from 1816 to 1900)

Let us learn from our Lord's instruction about fasting, the great importance of cheerfulness in our religion. Those words, "anoint thy head, and wash thy face," are full of deep meaning. They should teach us to aim at letting men see that we find Christianity makes us happy. Never let us forget that there is not religion in looking melancholy and gloomy. Are we dissatisfied with Christ's wages, and Christ's service? Surely not! Then let us not look as if we were.

Ryle's Expository Thoughts on the Gospels, Matthew–Mark (Grand Rapids: Zondervan, n.d.), 57."

Text: Matthew 6:16-18, Luke 5:33-39 (Rightly Dividing Bible)

Matthew 6:16-18 **Fast Publicly before Men versus Privately before our Father in Heaven**

¹⁶ Moreover **when ye fast**, be not, as the **hypocrites**, of a sad countenance: for they disfigure their faces, that they may appear to men to fast. Verily I say to you, They have **their reward**. ¹⁷ But you, when you fast, anoint your head, and wash your face; ¹⁸ That you appear not to men to fast, but to your Father which is in secret: and **your Father, which sees in secret, shall reward you openly**.

Note: Fasting follows prayer in 6:5-15. See 1 Corinthians 7:5, Matthew 17:21. Pray always, fast often, or as desired.

Luke 5:33-39 **The Disciples of John the Baptist ask Jesus about Fasting**

³³ And they said unto Him, Why do the disciples of John **fast often, and make prayers**, and likewise [the disciples] of the Pharisees; but yours eat and drink? ³⁴ And He said unto them, **Can ye make the children of the bride chamber fast**, while the Bridegroom is with them? ³⁵ But the days will come, when the Bridegroom shall be taken away from them, and **then they will fast in those days**.

Parable to Contrast the New and the Old (cloth, bottles and wine) Testaments

³⁶ And He spoke also a parable unto them; **No man puts a piece of a new garment upon an old; if otherwise, then both the new makes a tare, and the piece that was [taken] out of the new agrees not with the old.** ³⁷ And **no man puts new wine into old bottles**; else the **new wine will burst the bottles**, and be spilled, and the bottles shall perish. ³⁸ But **new wine must be put into new bottles**; and both are preserved. ³⁹ **No man also having drunk old [wine] straightway desires new: for he says, The old is better.**

Talk [A Hunger for God: Desiring God through Fasting and Prayer](#)- John Piper (3 minutes)

1. Should you treat fasting like prayer? Yes or no, and say why? (Matthew 6:6-18)
2. Since Jesus is the bridegroom and taken away – should you fast today? (Luke 5:33-35)
3. How does the parable of the new wine put into a new bottle relate to you and fasting?

12 Apostles (circumstances)

#5

Testimony: [Abraham Lincoln](#) 16th President of the United States, 1861 - 1865

Proclamation 97—Appointing a Day of National Humiliation, Fasting, and Prayer

Para 4-5. “It behooves us, then, to humble ourselves before the offended Power, to confess our national sins, and to pray for clemency and forgiveness.

Now, therefore, in compliance with the request, and fully concurring in the views of the Senate, I do by this my proclamation designate and set apart Thursday, the 30th day of April, 1863, as a day of national humiliation, fasting, and prayer. And I do hereby request all the people to abstain on that day from their ordinary secular pursuits, and to unite at their several places of public worship and their respective homes in keeping the day holy to the Lord and devoted to the humble discharge of the religious duties proper to that solemn occasion.”

Text: Acts 10:30-31, 27:21, 33-36 (Rightly Dividing Bible)

Acts 10:30-31 (24-33) *Peter and Cornelius Share their Visions at Caesarea*

³⁰ And Cornelius said, **Four days ago I was fasting until this hour**; and at the ninth hour I prayed in my house, and, behold, a man stood before me in bright clothing, ³¹ And said, Cornelius, **your prayer is heard, and your alms are had in remembrance in the sight of God.**

Acts 27:21, 31, 33-36 (27:27-44) *The Shipwreck after 14 Nights of a Tempest*

²¹ But **after long abstinence** Paul stood forth in the midst of them, and said, “**Sirs, ye should have listened to me,** and not have loosed from Crete, and to have gained this harm and loss.

³¹ Paul said to the centurion and to the soldiers, “**Except these abide in the ship, ye cannot be saved.**”

vs 31, The soldiers were needed to help beach the ship safely. The unbelievers and believers are working together. Here we see divine providence and human responsibility come together.

³³ And while the day was coming on, Paul begged them all to take food, saying, “**This day is the fourteenth day that ye have tarried and continued fasting, having taken nothing.**” ³⁴ Wherefore I pray you to take [some] food: for this is for your health: for there shall not a hair fall from the head of any of you.” ³⁵ And when he had thus spoken, **he took bread, and gave thanks to God in presence of them all:** and when he had broken [it], he began to eat. ³⁶ Then were they all of good cheer, and they also took [some] food.

Talk Listen to the entire Proclamation 97 by Abraham Lincoln (4 minutes)

1. Share characteristics of a nation's fast as Abraham Lincoln proclaims compared to a personal fast?
2. What is common in Acts 10:1-43 (10:30-31) and Matthew 6:1-21? Hint: Three action verbs.
3. What is an event or circumstance where the Spirit could lead you to pray and fast personally or as a leader with others? (Acts 27:21-44)

Testimony: *The purpose of fasting is to loosen to some degree the ties which bind us to the world of material things and our surroundings as a whole, in order that we may concentrate all our spiritual powers upon the unseen and eternal things.* Ole Hallesby

Text: 2 Corinthians 6:4-10 (5), 11:22-33 (27) (Rightly Dividing Bible)

6:4-10 ***Trials, Traits, and Paradoxes to Help us be Ambassadors of Christ***

(11) ⁴ But in all [things] approving ourselves as the ministers of God **in much patience:** in afflictions, in necessities, in distresses, ⁵ In stripes, in imprisonments, in tumults, **in labors, in watchings, in fastings;** //see next page//

11:22-33 ***An Example of Taking up the Cross and Denial of Self*** (speaking of is foolish)

²² Are they Hebrews? so [am] I. Are they Israelites? so [am] I. Are they the seed of Abraham? so [am] I. ²³ Are they ministers of Christ? (I speak as a fool) I [am] more; in labors more abundant, in stripes above measure, in prisons more frequent, in deaths often. ²⁴ Of the Jews five times received I forty [stripes] save one. ²⁵ Thrice I was beaten with rods, once was I stoned, thrice I suffered shipwreck, a night and a day I have been in the deep; ²⁶ [In] journeyings often, [in] perils of waters, [in] perils of robbers, [in] perils by [my own] countrymen, [in] perils by the heathen, [in] perils in the city, [in] perils in the wilderness, [in] perils in the sea, [in] perils among false brethren;

²⁷ In weariness and painfulness, **in watchings often, in hunger and thirst, in fastings often,** in cold and nakedness. //vs 27 relates to our physical body or strength in eight things, often is added 2x//

²⁸ Beside those things that are outside, that which comes upon me daily, the care of all the churches.

²⁹ Who is weak, and I am not weak? who is offended, and I burn not? ³⁰ If I must needs glory, I will glory of the things which concern my infirmities. ³¹ The God and Father of our Lord Jesus Christ, which is blessed for evermore, knows that I lie not.

³² In Damascus the governor under Aretas the king kept the city of the Damascenes with a garrison, desirous to apprehend me: ³³ And through a window in a basket I was let down by the wall, and escaped his hands //Galatians 1:17//.

Note: 11:23 "in deaths often" is in context of 1 Cor 15:30-32, 2 Cor 1:3-10, 4:7-12, and Ro 8:31-39.

Talk: Spiritual fasting, Part 1, Spiritual fasting, Part 2 (skip 1.5 minutes) – Paul Washer (20 minutes)

1. Why are watchings and fastings in the same grouping in the context of the passage?
(2 Corinthians 6:5, 11:27)
2. Why do you think the Apostle Paul reveals much of his personal life to the Corinthian believers?
3. What can we learn from Paul's example with his mention of "fastings" only 2x in Paul's 14 letters?

Paul's testimony (watchings)

6

2 Corinthians 6:4-10 ***Trials, Traits, and Paradoxes to Help us be Ambassadors of Christ***

⁴ But in all [things] ^a approving ourselves as the ministers of God **in much patience**: in afflictions, in necessities, in distresses, ⁵ In stripes, in imprisonments, in tumults, **in labors, in watchings, in fastings;**

⁶ ^b By pureness, by knowledge, by longsuffering, by kindness, by the Holy Ghost, by love unfeigned,

⁷ By the word of truth, by the power of God, by the armor of righteousness on the right hand and on the left,

⁸ ^c By honor and dishonor, by evil report and good report: as deceivers, and [yet] true; ⁹ As unknown, and [yet] well known; as dying, and, behold, we live; as chastened, and not killed; ¹⁰ As sorrowful, yet always rejoicing; as poor, yet making many rich; as having nothing, and [yet] possessing all things.

^a Trials in much patience (vs 4-5): ^b form Godly traits (vs 6-7): ^c through Paradoxes (vs 8-10):

1. Afflictions	1. Pureness	1. Honor & dishonor
2. Necessities	2. Knowledge	2. Evil report & good report
3. Distresses	3. Long-suffering	3. Deceivers & true
4. Stripes	4. Kindness	4. Unknown & well known
5. Imprisonments	5. the Holy Ghost	5. Dying & we live
6. Tumults	6. Love unfeigned	6. Chastened & not killed
7. Labors	7. word of truth	7. Sorrowful yet always rejoicing
8. Watchings	8. power of God	8. Poor yet making many rich
9. Fastings	9. armor of righteousness	9. Having nothing & possessing all things

Outward – in our body

Inward – in our heart, soul & mind

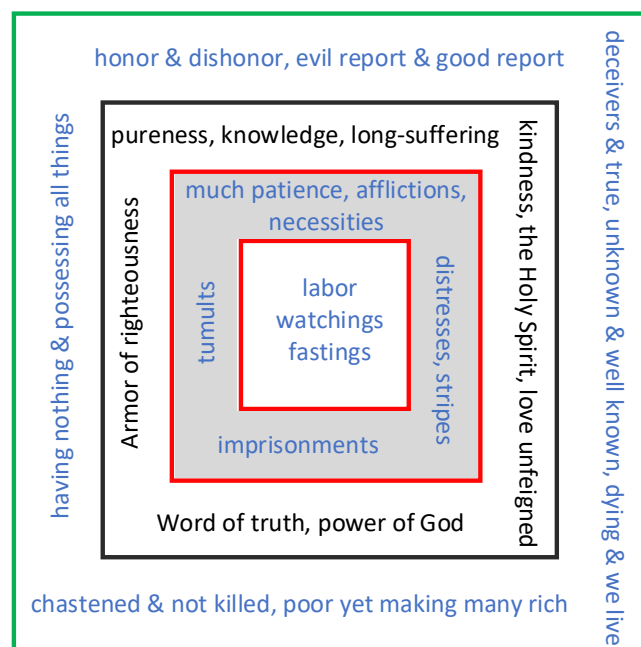
Inward & Outward – in this life

Note that these traits in the Apostle Paul's life relate to victory in trials God allows and persecution from the world; not his defeat in temptation and sin.

In this body we may not suffer persecution, yet we voluntarily present our bodies a living sacrifice in our labor, watchings, and fastings (Romans 12:1-2).

Watchings come before fastings because as we are awake on watch, and not sleepy, we discern when to fast (Romans 13:11). The etymology of the Greek word translated into watchings and its root watch are nouns and a duty of spiritual awakensness. Some translators use the weaker and narrower word "sleeplessness." Certainly a word for further study, along with Paul's example for us in 1 Corinthians 9:24-27, 11:1-34, 2 Corinthians 10:1-18, 12:1-21.

2 Corinthians 6:4-10



Practical experience (do)

7

Testimony: *"Prayer is reaching out to the unseen; fasting is letting go of all that is seen and temporal. Fasting helps express, deepen, confirm the resolution that we are ready to sacrifice anything, even ourselves, to attain what we seek for the kingdom of God."* Andrew Murray

"Fasting and vigils without a special object in view are time run to the waste" David Livingstone

Text: Romans 14 1-13 (Rightly Dividing Bible)

Romans 14:1-13 (in the context of 14:1 to 15:7. 1 Corinthians 8 in a different church & perspective)

¹ Receive one who is weak in the faith, [but] not to disputes over doubtful things. ² For one believes that he may eat all things: another, who is weak, eats herbs. **³ Let not him who eats despise him that eats not; and let not him who does not eat not judge him who eats: for God has received him.** ⁴ **Who are you to judge another man's servant?** To his own master he stands or falls. Yes, he shall be held up: for God is able to make him stand. ⁵ One man esteems one day above another: another esteems every day [alike]. Let each be fully persuaded in his own mind. ⁶ He that regards the day, regards [it] to the Lord; and he that regards not the day, to the Lord he does not regard [it]. He that eats, eats to the Lord, for he gives God thanks; and he that eats not, to the Lord he eats not, and gives God thanks. ⁷ For none of us lives to himself, and no man dies to himself. ⁸ For whether we live, we live to the Lord; and whether we die, we die to the Lord: whether we live therefore, or die, we are the Lord's. ⁹ For to this end Christ both died, and rose, and lived again, that He might be Lord both of the dead and living. **¹⁰ But why do you judge your brother? Or why do you show contempt for your brother? For we shall all stand before the judgment seat of Christ.** ¹¹ For it is written, [As] I live, says the Lord, every knee shall bow to Me, and every tongue shall confess to God //Isaiah 42:35//. **¹² So then everyone of us shall give account of himself to God.** ¹³ **Therefore let us not judge one another anymore: but judge this rather, not to put a stumbling block or an occasion to fall in [our] brother's way.**

Talk: 7 Biblical Fasting Principles You MUST Apply Next Time You Fast – Allen Parr (12 minutes)

Remember: *Fasting is a discipline of the Christian life where we must let the Spirit lead us and search our hearts. There are no specific rules for fasting, except it is linked with prayer, going without eating food, and voluntary. Fasting is the opposite of gluttony. This series focuses on personal, private, and small group fasting for humiliation, direction, illumination, intercession, and sorrow. As we encourage one another to seek and find God's high calling for our lives and each other's lives, we grow in Christ.*

This week's communications should focus on prayer and encouraging (exhorting) one another.

1. How does this passage relate to yourself and others regarding fasting? (14:1-13 or 14:1-15:7)
2. Share your fasting and prayer plan or desire for this week. Remember, New Testament fasting is descriptive, not prescriptive. Do not share outside the small group except with family who needs to know.

Testimony: *One way to begin to see how vastly indulgent we usually are is to fast. It is a long day that is not broken by the usual three meals. One finds out what an astonishing amount of time is spent in the planning, purchasing, preparing, eating and cleaning up of meals.* Elisabeth Elliot

If you say "I will fast when God lays it on my heart," you never will. You are too cold and indifferent to take the yoke upon you. D.L. Moody

Text: Philippians 3 (12-17, in the context of chapter 3) (Rightly Dividing Bible)

Philippians 3:12-17 **Paul's Need** (12-13a): **Forget** (13b), **Reach** (13c), **and Press** (14)

¹² Not as though I had already attained, either were already perfect: but I **follow** after, if that I may apprehend that for which also I am **apprehended** of Christ Jesus. ¹³ Brethren, I **count** not myself to have **apprehended**: **but [this] one thing [I do], forgetting those things which are behind, and reaching forth unto those things which are before,** ¹⁴ **I press toward the goal for the prize of the **high** calling of God in Christ Jesus.**

Note: vs 12, Follow = persecute (Gk dioko) 3:6, 3:12, 3:14 Press.

vs 13, Count = reckon Ro 6:11, apprehend (arrest), prize 1 Cor 9:24. High = to the brim, on top.

Our Help (15), **Walk** (16), **and Ensample** (17)

¹⁵ **Let us therefore, as many as be **perfect**, be thus minded: and if in anything ye be otherwise minded, God shall reveal even this unto you.** ¹⁶ Nevertheless, whereto we have already attained, let us **walk** by the same **rule**, let us mind the same thing. ¹⁷ Brethren, be followers together of me, and note them which **walk** so as ye have us for an **ensample**.

Note: vs 15, Perfect = complete in Jesus at the moment of salvation (Colossians 2:10), then our spiritual growth until I put off this body allows Jesus to be formed and complete in me. In other contexts: finish, fulfill, fully ripe fruit.

vs 16, Walk (orderly as soldiers), Rule (canon).

vs 17, Walk (physical, observable), Ensample, an internal example you see, hear, and observe over time.

Talk:

1. Share your fasting and prayer experience since we met last week?

2. How does this study on fasting and prayer affect the rest of this year or the rest of your life in this body?

Testimony: *As I began following Christ in my first love, fasting was by faith in the simplicity of the gospel as a newborn baby and child, periodically, maybe monthly for a few years. Then this simple voluntary activity became neglected to a large degree. Many years later, the simplicity of obeying the Scriptures by faith and ending well - deserve the sacrifice of New Testament fasting. To God be the glory!*

William Heath

Write your testimony regarding fasting.

Text: Philippians 3:16-17 (same as session 8, except focus on 3:16-17 for continued application)

¹⁶ Nevertheless, whereto we have already attained, let us **walk** by the same **rule**, let us mind the same thing. ¹⁷ Brethren, be followers together of me, and note them which **walk** so as ye have us for an **ensample**.

Talk: Guidance for group leaders and participants

1. Plan your fast with family, work, and circumstances
2. Fast together with a small group praying for each other
3. The peace of God, knowing He hears me and loves me, will be present
4. Present our bodies a living sacrifice, Romans 12:1-2
5. Let the Holy Spirit speak to me and others (do not take control in any form)
6. Jesus will uniquely meet each person where they are
7. Meet after the time of fasting to share experiences
8. Remember, New Testament fasting is descriptive, not prescriptive – do fast, but do not be prideful

<u># Title (focus)</u>	<u>Scripture - chapter context (focus)</u>	<u>Comment</u>
1. Myself & Jesus (Spirit-led/bread)	Matthew 4 (1-4), John 6 (35-40)	Myself & Jesus
2. Old Testament (blessing)	Psalms 35 (9-18), Nehemiah 1 (1-4)	
3. Old Testament (curse)	Isaiah 58, Zechariah 7-8 (7:4-7)	3-4 link
4. Jesus (teacher)	Matthew 6 (16-18), Luke 5:27-39	3-4 link
5. 12 Apostles (circumstances)	Acts 10 (30-31), 27 (21, 31, 33-36)	1 st temptation
6. Paul's testimony (watchings/often)	2 Corinthians 6:4-10 (5), 11:22-33 (27)	Critical core
7. Practical experience (do)	Romans 14 (3-4)	Objective
8. Myself & Jesus (future)	Philippians 3 (12-17)	Myself & Jesus

The Rightly Dividing Bible (RDB) is a personal work that is KJVish. In regards to the words "fasting and prayer," relating to the power to break demonic strongholds, is only in the KJV/NKJV, which use the Textus Receptus as their Greek source of the inspired words "fasting and prayer" in Matthew 17:21 and Mark 9:29. The same truth about our body occurs in 1 Corinthians 7:5 and Daniel 9:3. Nevertheless you may use the Bible translation you prefer to meet the objective of this series, Hungry for the Bread of Life.

Future fasts: Do it yourself, teach it to others, or contact Bill Heath for assistance (701) 895-4133.

1st series, with WAMM in Panera at California, Maryland, May 10 to June 28, 2023