

Lent: 2017: The Journey Inward

Session 4, Fasting & Prayer

The People and Clergy of Saint Bart's Episcopal Church, New York City

Fasting



Why don't we talk more about fasting?

- Excessive Ascetic Practice
- Culture of Excess

Other Fasts to consider...

- Television
- Electronic Devices
- Social Media
- Toxic Relationships



Fasting in the Bible

Moses, the lawgiver

David, the king

Elijah, the prophet

Esther, the queen

Fasting in the Bible: A Who's Who

Daniel, the seer

Anna, the prophetess

Paul, the apostle

Christ, the Incarnate Son

What Fasting isn't....

Anxiety Producing





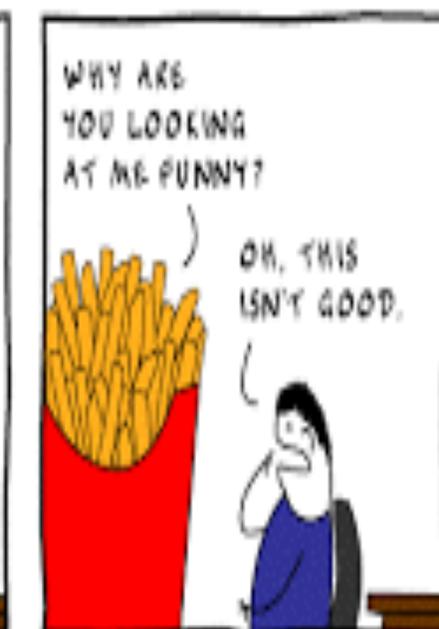
Weight
Loss



Body Sculpting

What Fasting can be...

PASTING

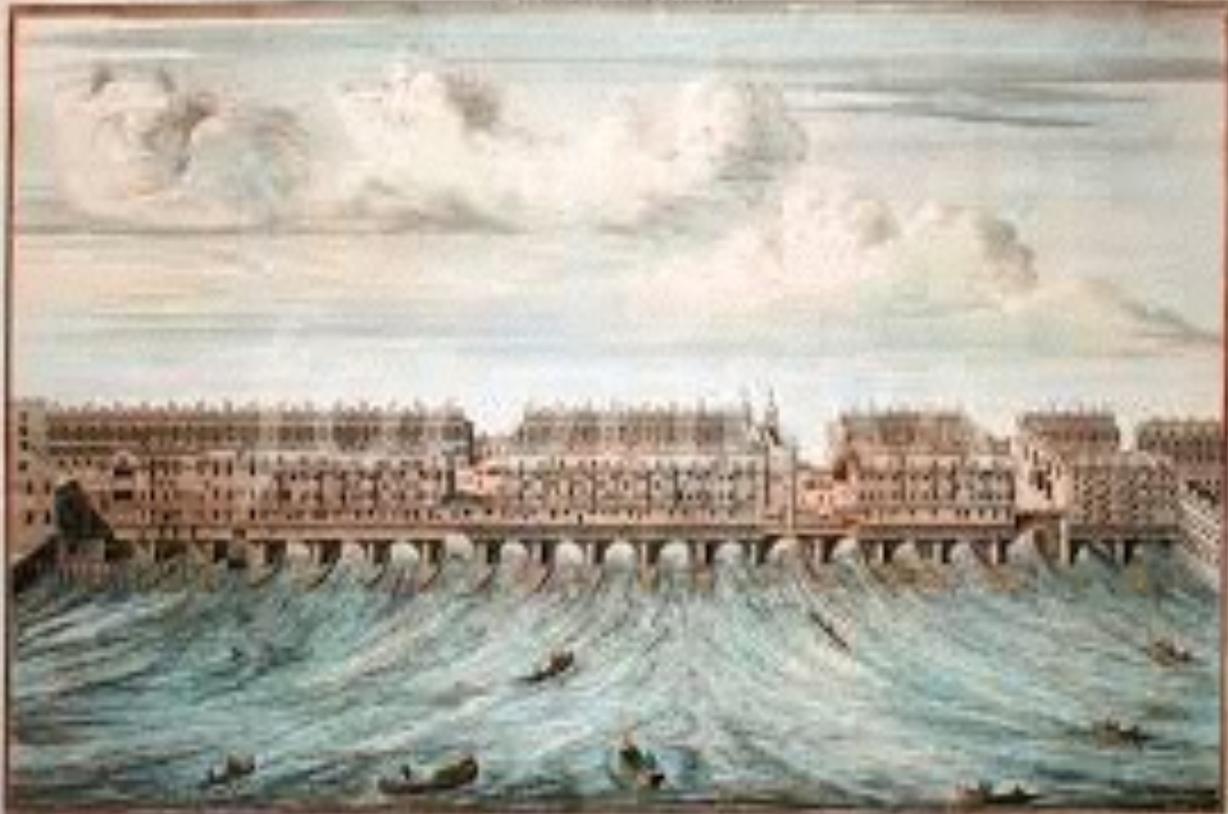


Community Fasts...

“In 1756 the King of England called for a day of solemn prayer and fasting because of a threatened invasion by the French”

Richard Foster,
Celebration of Discipline

Le Vieux Paris.



“The fast day was a glorious day, such as London has scarce seen since the Restoration. Every Church in the city was more than full, and a solemn seriousness sat on every face...

112



STRAIGHT AND THE THAMES

By J. H. ...

...Surely God heareth
prayer, and there will
yet be a lengthening of
our tranquility.”

John Wesley, as recorded in
his Journal on February 6,
1756



“In Scripture, the normal means of fasting involved abstaining from all food, solid or liquid, but not from water.”





Fasting is a bridge...



...that takes you
across the things that
are between you and
God.



"Go, gather all the Jews...and hold a fast on my behalf, and neither eat nor drink for three days, night and day.
I and my maids will fast as you do.

Esther 4:16

“Paul engaged in a three-day
absolute fast following his
Encounter with the living
Christ.” Acts 9:9 Richard Foster

Practical Matters:

- Lots of water (some people prefer distilled with a little lemon juice)



Practical Matters:

- Take it slowly
- Try to focus on the Spirit and not on the Body



PRAYER

&

FASTING



**MATT
6:18
FASTING
TO BE
SEEN
ONLY
BY
GOD**

“Prayer does not fit us for the greater work...”



Prayer is the greater work.”

Oswald Chambers

“Prayer catapults us
onto the frontier of the
spiritual life.

It is original research in
unexplored territory.”

Richard Foster, Celebration of Discipline