



12-26-2021

Fasting: Take Up Your Cross

Galatians 5:24 - *Those who belong to Christ Jesus have nailed the passions and desires of their sinful nature to his cross and crucified them there.*

Crucifying The Flesh Is Not Something Done To Us, But Done By Us

Colossians 3:5 - *So put to death the sinful, earthly things lurking within you. Have nothing to do with sexual immorality, impurity, lust, and evil desires. Don't be greedy, for a greedy person is an idolater, worshiping the things of this world.*

Mark 8:34 - *And calling the crowd to him with his disciples, he said to them, "If anyone would come after me, let him deny himself and take up his cross and follow me. ESV*

- 1. A Willingness To Deny Self.**
- 2. A Willingness To Take Up Our Cross.**

Romans 6:13 - *Do not let any part of your body become an instrument of evil to serve sin. Instead, give yourselves completely to God, for you were dead, but now you have new life. So use your whole body as an instrument to do what is right for the glory of God.*

Galatians 5:16 - *So I say, let the Holy Spirit guide your lives. Then you won't be doing what your sinful nature craves.*

Mark 14:38 - *Keep watch and pray, so that you will not give in to temptation. For the spirit is willing, but the body is weak.*

The Deliberate Self-Denial From Food And Sometimes Drink

Matthew 9:14-17 - *One day the disciples of John the Baptist came to Jesus and asked him, "Why don't your disciples fast like we do and the Pharisees do?"¹⁵ Jesus replied, "Do wedding guests mourn while celebrating with the groom? Of course not. But someday the groom will be taken away from them, and then they will fast.*

¹⁶ “Besides, who would patch old clothing with new cloth? For the new patch would shrink and rip away from the old cloth, leaving an even bigger tear than before. ¹⁷ “And no one puts new wine into old wineskins. For the old skins would burst from the pressure, spilling the wine and ruining the skins. New wine is stored in new wineskins so that both are preserved.”

Leviticus 16:29 - *On the tenth day of the appointed month in early autumn, you must deny yourselves. Neither native-born Israelites nor foreigners living among you may do any kind of work. This is a permanent law for you.*

Ezra 8:21 - *And there by the Ahava Canal, I gave orders for all of us to fast and humble ourselves before our God. We prayed that he would give us a safe journey and protect us, our children, and our goods as we traveled...²³ So we fasted and earnestly prayed that our God would take care of us, and he heard our prayer.*

Joel 1:14 - *Announce a time of fasting; call the people together for a solemn meeting. Bring the leaders and all the people of the land into the Temple of the Lord your God, and cry out to him there.*

Jonah 3:5 - *The people of Nineveh believed God’s message, and from the greatest to the least, they declared a fast and put on burlap to show their sorrow.*

Fasting Should Be Done:

- 1) At The Right Time.**
- 2) For The Right Reasons.**

New Attitudes And Experiences

Matthew 6:16-18 - *And when you fast, don’t make it obvious, as the hypocrites do, for they try to look miserable and disheveled so people will admire them for their fasting. I tell you the truth, that is the only reward they will ever get. ¹⁷ But when you fast, comb your hair and wash your face. ¹⁸ Then no one will notice that you are fasting, except your Father, who knows what you do in private. And your Father, who sees everything, will reward you.*

John 1:17 - *For the law was given through Moses, but God’s unfailing love and faithfulness came through Jesus Christ.*

Godliness Is Not Appearing Outwardly Righteous, But Being Sensitive To God’s Promptings