A black and white photograph of two hands held together in a prayerful gesture, palms facing each other. The hands are positioned in the center of the frame, with the fingers slightly spread. The background is dark, making the hands stand out. A semi-transparent grey horizontal band is overlaid across the middle of the image, containing text.

Emily Tyler

SPIRITUAL DISCIPLINES

*delighting in self-denial*

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PSALM 63

# Stanford University's "Marshmallow Experiment"

[https://www.youtube.com/watch?v=QX\\_oy9614HQ](https://www.youtube.com/watch?v=QX_oy9614HQ)



# matthew 6:16-18 (tpt)

When you fast, don't look like those who pretend to be spiritual. They want everyone to know they're fasting, so they appear in public looking miserable, gloomy, and dishevelled. Believe me, they've already received their reward in full. When you fast, don't let it be obvious, but instead, wash your face and groom yourself and realize that your Father in the secret place is the one who is watching all that you do in secret and will continue to reward you openly.



# biblical fasting

- Hunger strike → political
- Diet → physical
- Biblical fasting → spiritual



# rewards of fasting

1. Fasting → humbles us



# rewards of fasting

1. Fasting → humbles us



"I humble myself by fasting..."

Psalm 69:10

# rewards of fasting

"If we feel that any habit or pursuit, harmless in itself, is keeping us from God and sinking us deeper in the things of earth; if we find that things which others can do with impunity are for us the occasion of falling, then abstinence is our only course. Abstinence alone can recover for us the real value of what should have been for our help but which has been an occasion of falling... It is necessary that we should steadily resolve to give up anything that comes between ourselves and God."

Inge, in Dallas Wilard  
The Spirit of the  
Disciplines



# rewards of fasting

1. Fasting → humbles us
2. Fasting → frees us





# rewards of fasting

"Jesus Himself has shown us by His own example that prayer and fasting are the first and most effective weapons against the forces of evil."

Pope John Paul II



# rewards of fasting

1. Fasting → humbles us
2. Fasting → frees us
3. Fasting → awakens us



## 2 chronicles 20:2-4

Some people came and told Jehosophat, 'A vast army is coming against you from Edom, from the other side of the Dead Sea. It is already in Hazeon Tamar' (that is, En Gedi).

Alarmed, Jehosophat resolved to enquire of the Lord, and he proclaimed a fast for all Judah. The people of Judah came together to seek help from the Lord; indeed, they came from every town in Judah to seek him.



# 2 chronicles 20:12

For we have no power to face this vast army that is attacking us. We do not know what to do, but our eyes are on you.



# rewards of fasting

1. Fasting → humbles us
2. Fasting → frees us
3. Fasting → awakens us



# how do we fast

- Training not trying

"...train yourself to be godly."

1 Timothy 4:7

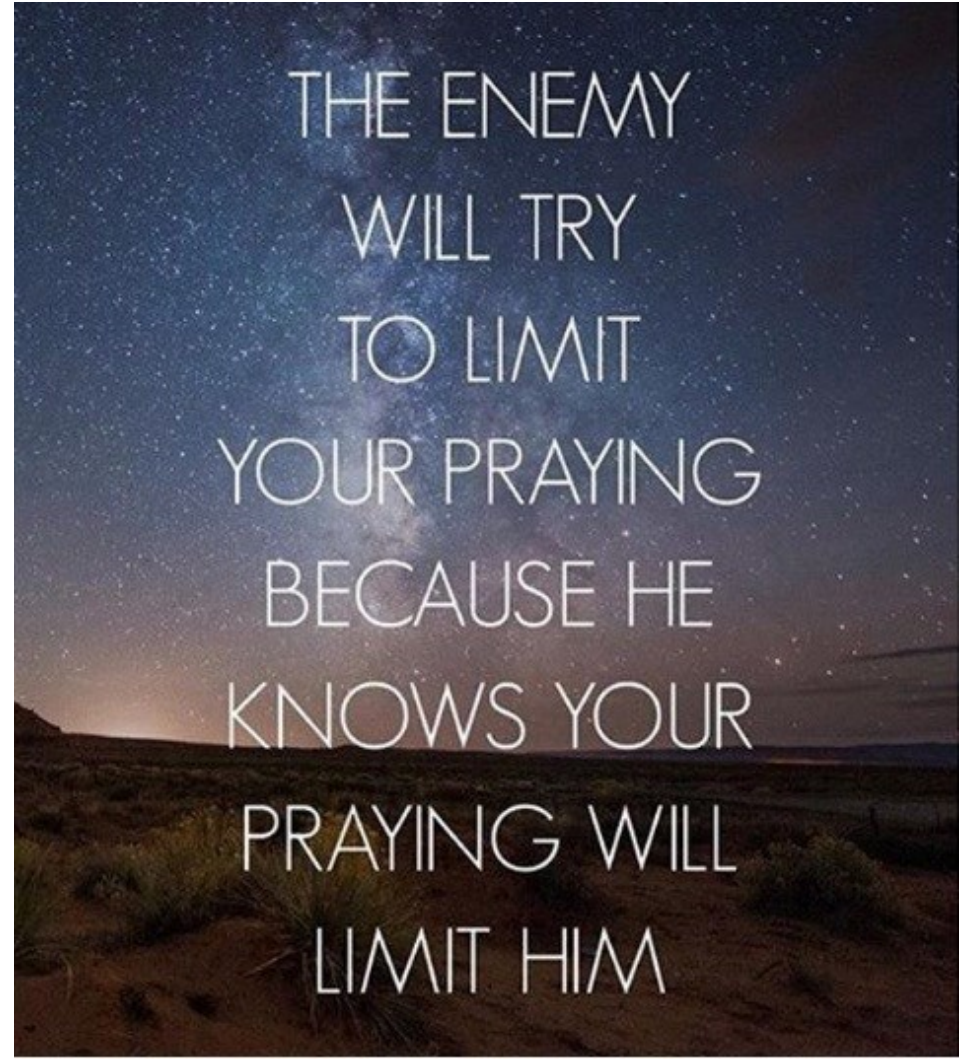
"The student is not above the teacher,  
but everyone who is fully trained will be  
like their teacher."

Luke 6:40



# how do we fast

- Training not trying
- Just start



# how do we fast

- Training not trying
- Just start
- Physical → Spiritual





# rewards of fasting

1. Fasting → humbles us
2. Fasting → frees us
3. Fasting → awakens us

“First, let it [fasting] be done unto the Lord with our eye singly fixed on Him. Let our intention herein be this, and this alone, to glorify our Father which is in heaven...”

John Wesley



# matthew 11:28-29

Are you weary? Carrying a heavy burden? Then come to me. I will refresh your life, for I am your oasis. Simply join your life with mine. Learn my ways and you'll discover that I'm gentle, humble, easy to please...



# fasting

1. Jesus → humbled himself to death on a cross
2. Jesus → freed us from every sin
3. Jesus → gave us the Holy Spirit to awaken us to  
the Kingdom of God



A black and white photograph of two hands held together in a prayerful gesture, palms facing each other. The hands are positioned in the center of the frame, with the fingers slightly spread. The background is dark, making the hands stand out. A semi-transparent grey horizontal band is overlaid across the middle of the image, containing text.

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