

NEW: FINDING YOUR HUMANITY

NEW HUNGER

Pastor Derwin L. Gray – February 26, 2017

- You are what you eat and drink, therefore, feed on the bread of life, and drink the living water. (John 6:35 NIV, John 4:13-14 NIV)

HOW DO WE DO THIS?

- By learning the ancient spiritual discipline of fasting. (Matthew 6:16-18 NIV)

WHAT IS FASTING?

- Fasting from food is going without food from one day's evening meal to the next day's evening meal, skipping food at breakfast and midday.
- Fasting is a spiritual discipline in which we focus our heart, mind, soul, and strength on Jesus.

WHY DO WE FAST?

WE FAST...

1. In response to the redemptive work of Jesus on our behalf. (Leviticus 16:29-30 NIV, Hebrews 4:14-16 NIV, Hebrews 10:10 NIV, Hebrews 10:14; 18 NIV)
2. In response to the horrific plight of our fallen world. (Psalms 35:12-14 NIV)
3. In response to doing justice, caring for the poor, and providing food for the hungry. (Isaiah 58:3-4 NIV, 6-7 NIV, 9-10 NIV)

Soul-tattoo: Participate in communion and start fasting.