

Notes from "the Place"

The Truth about Fasting

Matthew 16:24-28 Then Jesus said to His disciples, "If anyone wishes to come after Me, he must deny himself, and take up his cross and follow Me.

Fasting is tough. We, as humans, have become accustomed to having our way when we want, how we want, where we want it. Places like fast food restaurants have capitalized on this philosophy to the point that Mc Donald's stopped counting the number of customers served at one billion. So when someone comes along and tells us that we need to fast and pray occasionally, we tend to get upset and apprehensive. After all, everything we come in contact with tells us to do just the opposite. There are three things that we must do in order to have a successful fast.

1. We must _____ ourselves.

In a world of self indulgence, this is probably the hardest step for most people. Self denial is something that is not in our vocabulary, because it means not having things our way. But God has purchased us for Himself through His son Jesus, so we really do not have a choice of whether or not we will be self indulgent. Therefore if you have been raised up with Christ, keep seeking the things above, where Christ is, seated at the right hand of God.

Colossians 3: 1-10

2. We must pick up the _____.

The cross leaves no room for other things in this life that can also weigh us down. We must make a daily choice whether to pick up this life or pick up the cross.

Hebrews 12: 1-3

3. We must _____ Christ.

The road Christ walked on was narrow. There was no room for passing. He calls us to walk on the same road with Him, but that road is still unyielding. The price is high here, but if we can persevere, the reward is great.

Luke 18:18-23