



HUNGRY FOR GOD

Fasting Like Jesus
#6 of 6

IF I AM LIKE JESUS I WILL _____.

“Next Jesus was taken into the wild by the Spirit for the Test. The Devil was ready to give it. Jesus prepared for the Test by fasting forty days and forty nights. That left him, of course, in a state of extreme hunger, which the Devil took advantage of in the first test: ‘Since you are God’s Son, speak the word that will turn these stones into loaves of bread.’ Jesus answered by quoting Deuteronomy: ‘It takes more than bread to stay alive. It takes steady stream of words from God’s mouth.’ For the second test the Devil took him to the Holy City. He sat him on top of the Temple and said, ‘Since you are God’s Son, jump.’ The Devil goaded him by quoting Psalm 91: ‘He has placed you in the care of angels. They will catch you so that you won’t so much as stub your toe on a stone.’ Jesus countered with another citation from Deuteronomy: ‘Don’t you dare test the Lord your God.’ For the third test, the Devil took him to the peak of a huge mountain. He gestured expansively, pointing out all the earth’s kingdoms, how glorious they all were. Then he said, ‘They’re yours—lock, stock, and barrel. Just go down on your knees and worship me, and they’re yours.’ Jesus’ refusal was curt: ‘Beat it, Satan!’ He backed his rebuke with a third quotation from Deuteronomy: ‘Worship the Lord your God, and only him. Serve him with absolute single-heartedness.’ The Test was over. The Devil left. And in his place, angels! Angels came and took care of Jesus’ needs.”

Matthew 4:1-11 (MSG)

“John’s disciples and the Pharisees had a habit of fasting. Some people asked Jesus, “Why do John’s disciples and the Pharisees’ disciples fast, but yours don’t?” Jesus said, “The wedding guests can’t fast while the groom is with them, can they? As long as they have the groom with them, they can’t fast. But the days will come when the groom will be taken away from them, and then they will fast.”

Mark 2:18-20 (CEB)

IF I AM LIKE JESUS ...

➤ I will fast _____ to _____.

“Now when you fast, don’t go around looking miserable, like the hypocrites. They make sour faces so that people will know they are fasting. Yes! I tell you, they have their reward already! But you, when you fast, wash your face and groom yourself, so that no one will know you are fasting—except your Father, who is with you in secret. Your Father, who sees what is done in secret, will reward you. **Matthew 6:16-18 (CJB)**

➤ I will fast to _____.

¹⁵ Do not love the world or anything in the world. If anyone loves the world, love for the Father is not in them. ¹⁶ For everything in the world—the lust of the flesh, the lust of the eyes, and the pride of life—comes not from the Father but from the world. ¹⁷ The world and its desires pass away, but whoever does the will of God lives forever. **1 John 2:15-17 (NIV)**

A SUCCESSFUL FAST WILL HELP ME OVERCOME ...

1. The _____ of the _____.

The tempter came to him and said, “If you are the Son of God, tell these stones to become bread.” Jesus answered, “It is written: ‘Man shall not live on bread alone, but on every word that comes from the mouth of God.’” **Matthew 4:3-4 (NIV)**

When the woman saw that the fruit of the tree was **good for food** and pleasing to the eye, and also desirable for gaining wisdom, she took some and ate it. **Genesis 3:6**

For those who are according to the flesh set their minds on the things of the flesh, but those who are according to the Spirit, the things of the Spirit. **Romans 8:5**

2. The _____ of the _____.

Again, the devil took him to a very high mountain and showed him all the kingdoms of the world and their splendor. “All this I will give you,” he said, “if you will bow down and worship me.” Jesus said to him, “Away from me, Satan! For it is written: ‘Worship the Lord your God, and serve him only.’” **Matthew 4:8-10 (NIV)**

When the woman saw that the fruit of the tree was good for food and **pleasing to the eye**, and also desirable for gaining wisdom, she took some and ate it. **Genesis 3:6**

3. The _____ of _____.

The devil took him to the holy city & had him stand on the highest point of the temple. “If you are the Son of God,” he said, “throw yourself down. For it is written: “He will command his angels concerning you, & they will lift you up in their hands, so that you will not strike your foot against a stone.” Jesus answered him, “It is also written: ‘Do not put the Lord your God to the test.’” **Matthew 4:5-7 (NIV)**

“You will not certainly die,” the serpent said to the woman. ⁵ ‘For God knows that when you eat from it your eyes will be opened, and you will be like God, knowing good and evil.’ When the woman saw that the fruit of the tree was good for food and pleasing to the eye, and also **desirable for gaining wisdom**, she took some and ate it. **Genesis 3:4-6 (NIV)**

➤ I will have a _____ fast.

“For we do not have a high priest who cannot sympathize with our weaknesses, but One who has been tempted in all things as we are, yet without sin. Therefore let us draw near with confidence to the throne of grace, so that we may receive mercy and find grace to help in time of need” **Hebrews 4:14-16 (NIV)**