



Fasting + Feasting

FEASTING

Fasting:
Not eating food in order to feast on
God's presence



We have tasted the powers of the age to come, and our new fasting is not because we are hungry for something we have not tasted, but because the new wine of Christ's presence is so real and so satisfying. The newness of our fasting is this: its intensity comes not because we have never tasted the wine of Christ's presence, but because we have tasted it so wonderfully by his Spirit and cannot now be satisfied until the consummation of joy arrives. We must have all he promised. And as much now as possible.

John Piper



SPIRITUAL SYMMETRY



We celebrate feasts differently than we used to. Formerly, there was generally a long fast leading up to a feast, and then a joyous celebration afterwards. Today, usually, there is a long celebration leading up to the feast, and a fast afterwards...Celebration is an organic process. To feast, one must first fast: to come to consummation, one must first live in chastity; and to taste specialness, one must first have a sense of what's ordinary.

Ronald Rolheiser



When fasting, inconsummation, and the dour rhythm of the ordinary are short-circuited, then fatigue of the spirit, boredom, and disappointment replace celebration. We are left with the empty feeling that says: “All this hype, for this!” Something can only be sublime if, first of all, there is some sublimation.

Ronald Rolheiser



The background is an abstract composition of thick, textured brushstrokes. The color palette is primarily muted greens and blues, with some lighter, almost white, areas where the strokes are more densely packed or where the paint has been applied more heavily. The overall effect is organic and painterly, with visible ridges and valleys in the paint texture.

INTIMACY WITH GOD

O God, you are my God; earnestly I seek you; my soul thirsts for you; my flesh faints for you, as in a dry and weary land where there is no water. So I have looked upon you in the sanctuary, beholding your power and glory.

Psalm 63:1-2



You will seek me and find me, when you seek me with all your heart.

Jeremiah 29:13



People in the Bible who fasted for intimacy:

- Moses - God revealed his glory & name (Ex 34)
- Elijah - saw God in wind, fire, earthquake (1 Kings 19)
- Daniel - visions & dreams (Dan 9)
- Anna - witnessed the Messiah (Luke 2)
- Paul - third heaven (2 Cor 12)
- Peter & Cornelius - shared vision of God (Acts 10)
- Church at Antioch - Holy Spirit spoke and changed the course of redemptive history (Acts 13)



Our seasons of fasting and prayer at the Tabernacle have been high days indeed; never has Heaven's gate stood wider; never have our hearts been nearer the central Glory.

Charles Spurgeon



PRAYER



SCRIPTURE MEDITATION



HOLY SPIRIT



WORSHIP



BEAUTY



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CELEBRATION WITH OUR NEIGHBORS

I think we delight to praise what we enjoy because the praise not merely expresses but completes the enjoyment; it is its appointed consummation.

CS Lewis



When you give a dinner or a banquet, do not invite your friends or your brothers or your relatives or rich neighbors, lest they also invite you in return and you be repaid. But when you give a feast, invite the poor, the crippled, the lame, the blind, and you will be blessed, because they cannot repay you. For you will be repaid at the resurrection of the just.

Luke 14:12-14



I am the living bread that came down from heaven. If anyone eats of this bread, he will live forever. And the bread that I will give for the life of the world is my flesh...Truly, truly, I say to you, unless you eat the flesh of the Son of Man and drink his blood, you have no life in you. Whoever feeds on my flesh and drinks my blood has eternal life, and I will raise him up on the last day. For my flesh is true food, and my blood is true drink. Whoever feeds on my flesh and drinks my blood abides in me, and I in him.

John 6:51-56



Spiritual Formation Guide

www.somaindy.com/spiritual-formation/

Invitation	Resistances	Limitations	Practice(s)	Support
Scriptural Anchor:	External:		1)	Friends:
	Internal:		2)	Guides:
<p>God is always speaking & inviting us to the work of change. The first step is declaring your desire. Ask yourself: <i>What matters most to me right now? What single change could make the greatest impact in my life?</i></p> <p>Once you've decided, list your invitations as positive statements beginning with "I want...". Include a Scripture reference to anchor you in God's promises.</p>	<p>Everyone has learned resistances that protect us from the pain of change. On the top, ask yourself: <i>What things do I do, or not do, that get in the way of my desired change?</i></p> <p>On the bottom list your fears related to changing with "I'm afraid..." List the hidden commitments that flow from your fears with "I'm really committed to..."</p>	<p>Accepting our limitations keeps us grounded in reality. Limitations include season of life, health conditions, work, and relational systems. Ask yourself: <i>What circumstantial limitations do I need to accept as part of my current reality? What pain do I need to make peace with instead of avoiding?</i></p> <p>List your limitations with "I surrender..."</p>	<p>Formation practices help us align our whole person to God's loving invitations for our lives. Ask yourself: <i>Which practices could be most helpful in forming new habits, beliefs, and feelings that break through my resistances and free me to God's invitation?</i></p> <p>List these practices with "I commit..." Be sure to identify specific rhythms (time, place) that you want to create.</p>	<p>Ask yourself: <i>Who has God placed around me that is safe, trustworthy, and available to support me? Who is not currently represented in my life that needs to be here?</i></p> <p>List your support team by name with "I trust..." along with how you feel they could best serve you in this season and how often you plan to meet with them (individually or as a group).</p>



- 1) Sabbath Way of Life
- 2) Prayer
- 3) Scripture
- 4) Justice & Reconciliation
- 5) Fasting & Feasting**
- 6) Owning Your Story
- 7) Living Into Your Identity
- 8) Making Disciples
- 9) Simplicity & Generosity
- 10) Eating & Drinking
- 11) Healing the Sick