

Fasting:

Homesick Humility in our Hearts

March 8, 2026

INTRO:

The fire hose effect

“The greatest enemy of hunger for God is not poison but apple pie... the good things of this world that dull our appetite for heaven.”—John Piper *A Hunger for God*, p. 14

“More than any other discipline, fasting, reveals the things that control us. This is a wonderful benefit to the true disciple who longs to be transformed in the image of Jesus Christ. We cover up what is inside of us with food and other things.” .”—Richard Foster *Celebration of Discipline*, p. 48

What is Christian Fasting?

Christian fasting is a voluntary abstaining from food for a set period of time as a *means of grace* through which the believer humbles the flesh, intensifies dependence on God, and seeks deeper fellowship with Him.

Purposes

- Fasting and repentance
 - **Nehemiah 9:1–2**
 - **Joel 2:12–13**
- Fasting and lament
 - **Psalms 35:13–14**
 - **2 Samuel 12**
- Fasting to seek God's favor
 - **Ezra 8:21**
 - **Esther 4:16**
 - **Acts 13:2-3**
- Fasting as homesickness

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- **Matthew 9:14–15**

The Heart Posture

- **Matthew 6:16-18**
 - Jesus calls us to approach God Humbly
 - Honestly
 - Focused on Him
- **James 4:8–10**
- **Isaiah 66:1-2**

Christ the Bridegroom

- **Matthew 9:14-15**
- Fasting as a Means of Grace
 - It sharpens desire for God
 - It exposes idols
 - It strengthens self-control
 - It pairs with prayer and Scripture
- **1 Corinthians 9:27**
- **Galatians 5:16**

The Father's Reward

- **Matthew 6:18**
 - What is the reward?
 - More of God Himself
 - Greater clarity
 - Deeper joy
 - Greater fruitfulness
- Freedom, Wisdom, and Practical Rhythms
 - Start small

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- Pair fasting with prayer and Scripture
- Don't fast if medically unwise
- Consider fasting one meal weekly, or one day monthly
- Link fasting with mercy (**Isaiah 58 & Luke 4**)

Conclusion

- Fasting is Godward.
- Fasting is grace-driven, not guilt-driven.
- Fasting is for joy, not misery.
- Fasting is homesickness for Christ the Bridegroom.

Homework:

Skip breakfast next week and use that time to pray. Then we will come together during the SOW hour and pray together.

Joel 2:12

"Yet even now... return to me with all your heart, with fasting."