

9 When they had heard the king, they departed; and, lo, the star, which they saw in the east, went before them, till it came and stood over where the young child was.

10 When they saw the star, they rejoiced with exceeding great joy.

11 And when they were come into the house, they saw the young child with Ma'ry his mother, and fell down, and worshipped him: and when they had opened their treasures, they presented unto him gifts, gold, and frankincense, and myrrh.

12 And being warned of God in a dream that they should not return to Her'od, they departed into their own country another way.

The Flight to Egypt

13 And when they were departed, behold, the angel of the Lord appeareth to Jo'seph in a dream, saying, Arise, and take the young child and his mother, and flee into E'gypt, and be thou there until I bring thee word: for Her'od will seek the young child to destroy him.

14 When he arose, he took the young child and his mother by night, and departed into E'gypt.

15 And was there until the death of Her'od: that it might be fulfilled which was spoken of the Lord by the prophet, saying, Out of E'gypt have I called my son.

16 Then Her'od, when he saw that he was mocked of the wise men, was exceeding wroth, and sent forth, and slew all the children that were in Beth'le-hem, and in all the coasts thereof, from two years old and under, according to the time which he had diligently enquired of the wise men.

17 Then was fulfilled that which was spoken by Jer'e-m'y the prophet, saying,

18 In Ra'ma was there a voice heard, lamentation, and weeping, and great mourning, Ra'chel weeping for her children, and would not be comforted, because they are not.

The Return to Nazareth

19 But when Her'od was dead, behold, an angel of the Lord appeareth in a dream to Jo'seph in E'gypt,

20 Saying, Arise, and take the young child and his mother, and go into the land of Is'ra-el: for they are dead which sought the young child's life.

21 And he arose, and took the young child and his mother, and came into the land of Is'ra-el.

22 But when he heard that Ar-che-la-us did reign in Ju-dae'a in the room of his father Her'od, he was afraid to go thither: notwithstanding, being warned of God in

a dream, he turned aside into the parts of Gal'i-lee.

23 And he came and dwelt in a city called Naz'a-reth: that it might be fulfilled which was spoken by the prophets, He shall be called a Naz'a-rene.

John the Baptist's Ministry

3 In those days came John the Bap'tist, preaching in the wilderness of Ju-dae'a,

2 And saying, Repent ye: for the kingdom of heaven is at hand.

3 For this is he that was spoken of by the prophet E-sa'ias, saying, The voice of one crying in the wilderness, Prepare ye the way of the Lord, make his paths straight.

4 And the same John had his raiment of camel's hair, and a leathern girdle about his loins; and his meat was locusts and wild honey.

5 Then went out to him Je-ru'-sa-lem, and all Ju-dae'a, and all the region round about Jor'dan,

6 And were baptized of him in Jor'dan, confessing their sins.

7 But when he saw many of the Pharisees and Sad'du-ceeds come to his baptism, he said unto them, O generation of vipers, who hath warned you to flee from the wrath to come?

8 Bring forth therefore fruits meet for repentance.

9 And think not to say within yourselves, We have Abraham to our father: for I say unto you, that God is able of these stones to raise up children unto Abraham.

10 And now also the axe is laid unto the root of the trees: therefore every tree which bringeth not forth good fruit is hewn down, and cast into the fire.

11 I indeed baptize you with water unto repentance: but he that cometh after me is mightier than I, whose shoes I am not worthy to bear: he shall baptize you with the Holy Ghost, and with fire:

12 Whose fan is in his hand, and he will thoroughly purge his floor, and gather his wheat into the garner; but he will burn up the chaff with unquenchable fire.

The Baptism of the Beloved Son

13 Then cometh Je'sus from Gal'i-lee to Jor'dan unto John, to be baptized of him.

14 But John forbad him, saying, I have need to be baptized of thee, and comest thou to me?

15 And Je'sus answering said unto him, Suffer it to be so now: for thus it becometh us to fulfil all righteousness. Then he suffered him.

16 And Je'sus, when he was baptized, went up straightway out of the water: and,

lo, the heavens were opened unto him, and he saw the Spirit of God descending like a dove, and lighting upon him:

17 And lo a voice from heaven, saying, This is my beloved Son, in whom I am well pleased.

The Three Temptations of Jesus

4 Then was Je'sus led up of the spirit into the wilderness to be tempted of the devil.

2 And when he had fasted forty days and forty nights, he was afterward an hungred.

3 And when the tempter came to him, he said, If thou be the Son of God, command that these stones be made bread.

4 But he answered and said, It is written, Man shall not live by bread alone, but by every word that proceedeth out of the mouth of God.

5 Then the devil taketh him up into the holy city, and setteth him on a pinnacle of the temple,

6 And saith unto him, If thou be the Son of God, cast thyself down: for it is written, He shall give his angels charge concerning thee: and in their hands they shall bear thee up, lest at any time thou dash thy foot against a stone.

7 Je'sus said unto him, It is written again, Thou shalt not tempt the Lord thy God.

8 Again the devil taketh him up into an exceeding high mountain, and sheweth him all the kingdoms of the world, and the glory of them.

9 And saith unto him, All these things will I give thee, if thou wilt fall down and worship me.

10 Then saith Je'sus unto him, Get thee hence, Sa'tan: for it is written, Thou shalt worship the Lord thy God, and him only shalt thou serve.

11 Then the devil leaveth him, and, behold, angels came and ministered unto him.

The Preaching Ministry of Jesus

12 Now when Je'sus had heard that John was cast into prison, he departed into Gal'i-lee;

13 And leaving Naz'a-reth, he came and dwelt in Ca-per'-na-um, which is upon the sea coast, in the borders of Za-bu'-lon and Neph'tha-lim:

14 That it might be fulfilled which was spoken by E-sa'ias the prophet, saying,

15 The land of Za-bu'-lon, and the land of Neph'tha-lim, by the way of the sea, beyond Jor'dan, Gal'i-lee of the Gen'tiles;

16 The people which sat in darkness saw great light; and to them which sat in the region and shadow of death light is sprung up.

17 From that time Je'sus began to preach, and to say, Repent: for the kingdom of heaven is at hand.

The Calling of the First Four Disciples

18 And Je'sus, walking by the sea of Gal'i-lee, saw two brethren, Si'mon called Peter, and An'drew his brother, casting a net into the sea: for they were fishers.

19 And he saith unto them, Follow me, and I will make you fishers of men.

20 And they straightway left their nets, and followed him.

21 And going on from thence, he saw other two brethren, James the son of Zeb'e-dee, and John his brother, in a ship with Zeb'e-dee their father, mending their nets; and he called them.

22 And they immediately left the ship and their father, and followed him.

The Healing Ministry of Jesus

23 And Je'sus went about all Gal'i-lee, teaching in their synagogues, and preaching the gospel of the kingdom, and healing all manner of sickness and all manner of disease among the people.

24 And his fame went throughout all Syr'i-a: and they brought unto him all sick people that were taken with divers diseases and torments, and those which were possessed with devils, and those which were lunatick, and those that had the palsy, and he healed them.

25 And there followed him great multitudes of people from Gal'i-lee, and from Decap'o-lis, and from Je-ru'-sa-lem, and from Ju-dae'a, and from beyond Jor'dan.

The Beatitudes

5 And seeing the multitudes, he went up into a mountain: and when he was set, his disciples came unto him:

2 And he opened his mouth, and taught them, saying,

3 Blessed are the poor in spirit: for theirs is the kingdom of heaven.

4 Blessed are they that mourn: for they shall be comforted.

5 Blessed are the meek: for they shall inherit the earth.

6 Blessed are they which do hunger and thirst after righteousness: for they shall be filled.

7 Blessed are the merciful: for they shall obtain mercy.

8 Blessed are the pure in heart: for they shall see God.

9 Blessed are the peacemakers: for they shall be called the children of God.

10 Blessed are they which are persecuted for righteousness' sake: for theirs is the kingdom of heaven.

11 Blessed are ye, when men shall revile up.

Should I Fast?



FASTING FOR YOUR HEALTH



INTERMITTENT FASTING IMPROVES

- OBESITY
- INSULIN RESISTANCE
- HIGH CHOLESTEROL
- HYPERTENSION
- INFLAMMATION

TODAY

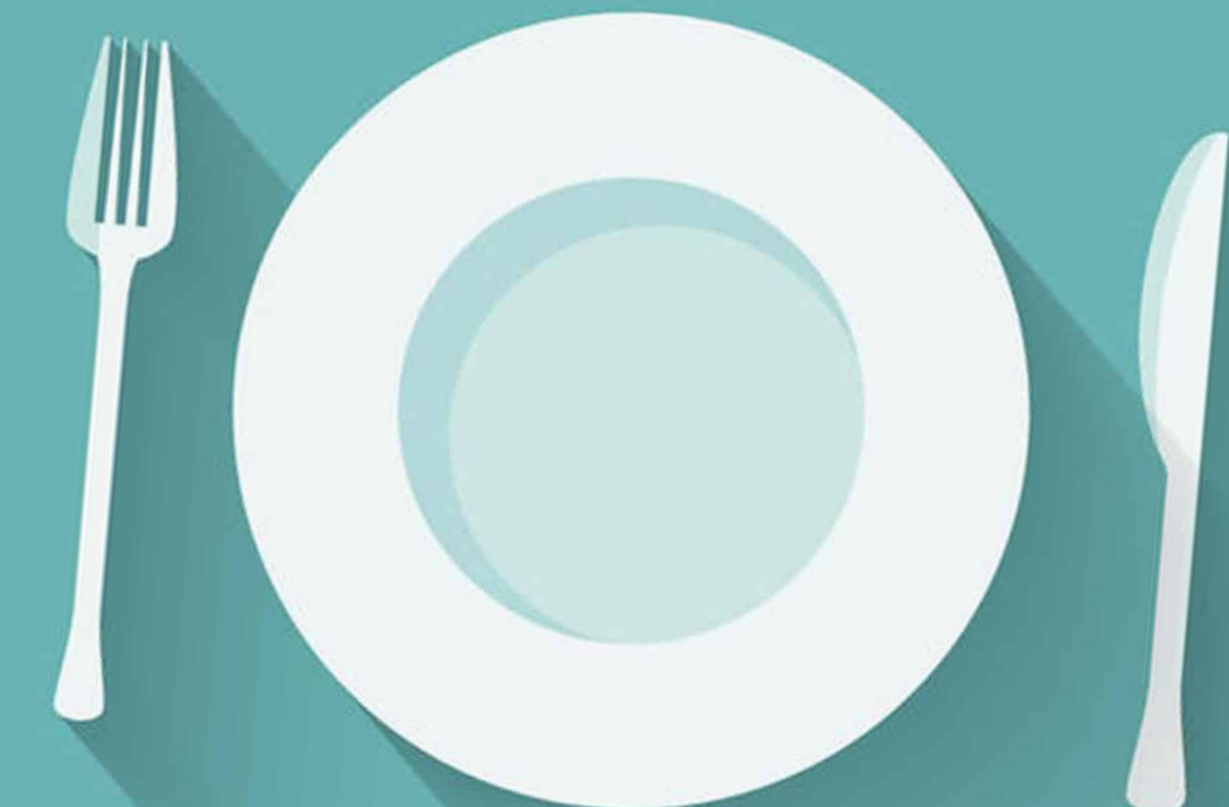
SOURCE: NEW ENGLAND JOURNAL OF MEDICINE

Discover the Health Benefits of Intermittent Fasting

1. **Stabilises Insulin Levels**
- May prevent or reverse diabetes.
2. **Gives You More Energy**
- get more done, have more fun!
3. **Lowers Triglycerides & Prevents Alzheimer's**
- possibly cut your medical bills.
4. **Stops Sugar Cravings & Hunger Pangs**
- fastest way to lose weight safely.

MAY PREVENT DISEASES
Researchers at the National Institute on Aging in Baltimore have found evidence that fasting for one or two days a week...

WHAT HAPPENS TO YOUR BODY WHEN YOU DON'T EAT FOR 16HRS



CELEBS WHO ♥ FASTING
Wim Hof (Certified superhuman with 20 world records)

ENDORSED BY DOCTORS
Fasting releases...

LIKELY

WHAT IS FASTING?

- Jews: Yom Kippur among others
- Catholic: Lent and Fridays
- Islam: Ramadan



THE LENT EXPLAINER GUIDE
2018 EDITION

THIS YEAR **ASH WEDNESDAY** IS ON 14TH FEBRUARY

THE THREE PILLARS OF LENT ARE: **PRAYER, FASTING & ALMSGIVING**

ALL FRIDAYS IN LENT ARE DAYS OF **ABSTINENCE**

LENT LASTS **40 DAYS** (SUNDAYS DON'T COUNT)

ASH WEDNESDAY AND GOOD FRIDAY ARE DAYS OF **FASTING**

ABSTINENCE

- NO MEAT** (INCLUDING MAMMALS AND FOWL)
- FISH IS FINE** (AND OTHER MARINE ANIMALS)

FASTING

- ONE REGULAR MEAL**
- AND TWO SMALL MEALS**
- NO SNACKS!**



FASTING IN THE OLD TESTAMENT

- Mourning
 - Death of Saul and Jonathan: 1 Samuel 31:13, 2 Samuel 1:12, 1 Chronicles 10:12

FASTING IN THE OLD TESTAMENT

1 Samuel 31:13 Then they took their bones and buried [them] under the tamarisk tree at Jabesh, and fasted seven days.

2 Samuel 1:12 And they mourned and wept and fasted until evening for Saul and for Jonathan his son, for the people of the LORD and for the house of Israel, because they had fallen by the sword.

1 Chronicles 10:12 all the valiant men arose and took the body of Saul and the bodies of his sons; and they brought them to Jabesh, and buried their bones under the tamarisk tree at Jabesh, and fasted seven days.

FASTING IN THE OLD TESTAMENT

- Mourning
 - Death of Saul and Jonathan: 1 Samuel 31:13, 2 Samuel 1:12, 1 Chronicles 10:12
 - Nehemiah's reaction to Jerusalem's condition: Nehemiah 1:2-4

NEHEMIAH 1:2-4

“that Hanani one of my brethren came with men from Judah; and I asked them concerning the Jews who had escaped, who had survived the captivity, and concerning Jerusalem. 3 And they said to me, "The survivors who are left from the captivity in the province [are] there in great distress and reproach. The wall of Jerusalem [is] also broken down, and its gates are burned with fire." 4 So it was, when I heard these words, that I sat down and wept, and mourned [for many] days; I was fasting and praying before the God of heaven.”

FASTING IN THE OLD TESTAMENT

- Mourning
- Repentance
 - Children of Israel at Mizpah: 1 Samuel 7:6
 - Ahab realizing that he sinned: 1 Kings 21:27
 - Nineveh and sin: Jonah 3:5
 - Joel remaining people of their sin: Joel 2:12-13

FASTING IN THE OLD TESTAMENT

- Mourning
- Repentance
- Praying to God
 - Samuel and his son: 2 Samuel 12:21-23
 - Protection: Ezra 8:23
 - Preparation for Esther's plea: Esther 4:16
 - David and his enemies: Psalms 35:13

FASTING IN THE OLD TESTAMENT

- Mourning
- Repentance
- Praying to God
- Important religious event
 - Moses in Exodus 34:28

LEVITICUS 23:26-32

“26 And the LORD spoke to Moses, saying: 27 "Also the tenth [day] of this seventh month [shall be] the Day of Atonement. It shall be a holy convocation for you; you shall afflict your souls, and offer an offering made by fire to the LORD. 28 "And you shall do no work on that same day, for it [is] the Day of Atonement, to make atonement for you before the LORD your God. 29 "For any person who is not afflicted [in soul] on that same day shall be cut off from his people. 30 "And any person who does any work on that same day, that person I will destroy from among his people. 31 "You shall do no manner of work; [it shall be] a statute forever throughout your generations in all your dwellings. 32 "It [shall be] to you a sabbath of [solemn] rest, and you shall afflict your souls; on the ninth [day] of the month at evening, from evening to evening, you shall celebrate your sabbath.””

NUMBERS 29:7-11

“7 'On the tenth [day] of this seventh month you shall have a holy convocation. You shall afflict your souls; you shall not do any work. 8 'You shall present a burnt offering to the LORD [as] a sweet aroma: one young bull, one ram, [and] seven lambs in their first year. Be sure they are without blemish. 9 'Their grain offering [shall be of] fine flour mixed with oil: three-tenths [of an ephah] for the bull, two-tenths for the one ram, 10 'and one-tenth for each of the seven lambs; 11 'also one kid of the goats [as] a sin offering, besides the sin offering for atonement, the regular burnt offering with its grain offering, and their drink offerings.”

ISAIAH 58:3-4

“3 'Why have we fasted,' [they say], 'and You have not seen? [Why] have we afflicted our souls, and You take no notice?' "In fact, in the day of your fast you find pleasure, And exploit all your laborers. 4 Indeed you fast for strife and debate, And to strike with the fist of wickedness. You will not fast as [you do] this day, To make your voice heard on high.”

SHOULD WE FAST?

- 2 times in Leviticus and once in Numbers we see a command, but fasting is not listed
- “...afflict your souls...” and Isaiah 58

ISAIAH 58:3-4

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SHOULD WE FAST?

- 2 times in Leviticus and once in Numbers we see a command, but fasting is not listed
 - “...afflict your souls...” and Isaiah 58
- Warning about Fasting
- Only place fasting is a direct commanded in the entire Bible

BIBLE AUTHORITY

- Direct Command
- Approved Example
- Necessary Inference



MARK 2:18-20

“18 The disciples of John and of the Pharisees were fasting. Then they came and said to Him, "Why do the disciples of John and of the Pharisees fast, but Your disciples do not fast?" 19 And Jesus said to them, "Can the friends of the bridegroom fast while the bridegroom is with them? As long as they have the bridegroom with them they cannot fast. 20 "But the days will come when the bridegroom will be taken away from them, and then they will fast in those days.”

MATTHEW 6

verse 2 "Therefore, when you do a charitable deed, do not sound a trumpet before you as the hypocrites do in the synagogues and in the streets, that they may have glory from men. Assuredly, I say to you, they have their reward."

verse 5 "And when you pray, you shall not be like the hypocrites. For they love to pray standing in the synagogues and on the corners of the streets, that they may be seen by men. Assuredly, I say to you, they have their reward."

verse 16 "Moreover, when you fast, do not be like the hypocrites, with a sad countenance. For they disfigure their faces that they may appear to men to be fasting. Assuredly, I say to you, they have their reward."

MATTHEW 4:2

"And when He had fasted forty days and forty nights, afterward He was hungry."



DO WE SEE CHRISTIANS FASTING?

Acts 13:1-3 “Now in the church that was at Antioch there were certain prophets and teachers: Barnabas, Simeon who was called Niger, Lucius of Cyrene, Manaen who had been brought up with Herod the tetrarch, and Saul. 2 As they ministered to the Lord and fasted, the Holy Spirit said, “Now separate to Me Barnabas and Saul for the work to which I have called them.” 3 Then, having fasted and prayed, and laid hands on them, they sent [them] away.”

DO WE SEE CHRISTIANS FASTING?

Acts 14:23 “So when they had appointed elders in every church, and prayed with fasting, they commended them to the Lord in whom they had believed.”

2 Corinthians 6:5 “in stripes, in imprisonments, in tumults, in labors, in sleeplessness, in fastings;”

2 Corinthians 11:27 “in weariness and toil, in sleeplessness often, in hunger and thirst, in fastings often, in cold and nakedness--”

CAUTIONS ABOUT FASTING

- Not to be seen: Matthew 6:16-18
- Not to be self-righteous: Luke 18:9-14

QUESTIONS ABOUT FASTING

- How long should my fasting last?
- Does fasting always need to be from food?
- How many times a year should I fast?
- Do my spouse and I need to fast at the same time?
- etc.

FASTING AS A CHRISTIAN

Matthew 4:4 “But He answered and said, “It is written, ‘Man shall not live by bread alone, but by every word that proceeds from the mouth of God.’ ”

Psalms 1:2 “But his delight *is* in the law of the Lord, And in His law he meditates day and night.”

“In experiences of fasting we are not so much abstaining from food as we are feasting on the word of God. Fasting is feasting!” (Robert Foster)

9 When they had heard the king, they departed; and, lo, the star, which they saw in the east, went before them, till it came and stood over where the young child was.

10 When they saw the star, they rejoiced with exceeding great joy.

11 And when they were come into the house, they saw the young child with Ma'ry his mother, and fell down, and worshipped him: and when they had opened their treasures, they presented unto him gifts, gold, and frankincense, and myrrh.

12 And being warned of God in a dream that they should not return to Her'od, they departed into their own country another way.

The Flight to Egypt

13 And when they were departed, behold, the angel of the Lord appeared to Joseph in a dream, saying, Arise, and take the young child and his mother, and flee into E'gypt, and be thou there until I bring thee word: for Her'od will seek the young child to destroy him.

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The Return to Nazareth

19 But when Her'od was dead, behold, an angel of the Lord appeared to Joseph in a dream to say, Arise, and take the young child and his mother, and go into the land of Is'ra-el, for he is dead, which sought the young child's life.

20 And he arose, and took the young child and his mother, and came into the land of Is'ra-el.

21 And he came into the city of Nazareth, and was brought up there, and his mother bore him, until he was full of years.

22 But when he heard that Ar-che-la'us did reign in Ju-dae'a in the room of his father Her'od, he was afraid to go thither: notwithstanding, being warned of God in

a dream, he turned aside into the parts of Gal'i-lee.

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2 And saying, Repent ye: for the kingdom of heaven is at hand.

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4 And the same John had his raiment of camel's hair, and a leathern girdle about his loins, and he eat locusts, and wild honey.

5 Then went out to him Je-ru'-sa-lem, and all Ju-dae'a, and all the region round about Jor'dan.

6 And were baptized of him in Jor'dan, confessing their sins.

7 But when he saw many of the Pharisees and Sadducees come to his baptism, he said unto them, O generation of vipers, who have earned you to flee from the wrath to come!

8 Bring forth therefore fruits meet for repentance.

9 And think not to say within yourselves, We have A'bra-ham to our father: for I say unto you, that God is able of these stones to raise up children unto A'bra-ham.

10 And now also the axe is laid unto the root of the trees: therefore every tree which bringeth not forth good fruit is hewn down, and cast into the fire.

11 I indeed baptize you with water unto repentance, but he that cometh after me is mightier than I, whose shoes I am not worthy to bear: he shall baptize you with the Holy Ghost, and with fire.

12 Whose fan is in his hand, and he will thoroughly purge his floor, and gather his wheat into the garner; but he will burn up the chaff with unquenchable fire.

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14 But John forbad him, saying, I have need to be baptized of thee, and comest thou to me?

15 And Je'-sus answering said unto him, Suffer it to be so now: for thus it becometh us to fulfil all righteousness. Then he suffered him.

16 And Je'-sus, when he was baptized, went up straightway out of the water: and,

lo, the heavens were opened unto him, and he saw the Spirit of God descending like a dove, and lighting upon him:

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8 Again, the devil taketh him up into an exceeding high mountain, and sheweth him all the kingdoms of the world, and the glory of them;

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10 Then saith Je'-sus unto him, Get thee hence, Satan: for it is written, Thou shalt worship the Lord thy God, and him only shalt thou serve.

11 Then the devil leaved him, and, behold, angels came and ministered unto him.

The Preaching Ministry of Jesus

12 Now when Je'-sus had heard that John was cast into prison, he departed into Gal'i-lee.

13 And leaving Naz'a-reth, he came and dwelt in Cap'e-rna-um, which is in the sea coast, in the borders of Za-bu'-lon and Neph'thali-m.

14 That he might fulfil that which was spoken by E-sa'ias the prophet, saying,

15 The land of Za-bu'-lon, and the land of Neph'thali-m, by the way of the sea, beyond Jor'dan, Gal'i-lee of the Gen'tiles;

16 The people which sat in darkness saw great light, and to them which sat in the region and shadow of death light is sprung up.

17 After this he went on, and preached in Gal'i-lee, and in Cap'e-rna-um.

17 From that time Je'-sus began to preach, and to say, Repent: for the kingdom of heaven is at hand.

The Calling of the First Four Disciples

18 And Je'-sus, walking by the sea of Gal'i-lee, saw two brethren, Si'mon called Peter, and An-drew his brother, casting a net into the sea: for they were fishers.

19 And he saith unto them, Follow me, and I will make you fishers of men.

20 And they straightway left their nets, and followed him.

21 And going on from thence, he saw other two brethren, James the son of Ze-b'e-dee, and John his brother, in a ship with their father, mending their nets; and he called them.

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23 And Je'-sus went about all Gal'i-lee, teaching in their synagogues, and preaching the gospel of the kingdom, and healing all manner of sickness and all manner of disease among the people.

24 And his fame went throughout all Syria, and they brought unto him all sick people that were taken with divers diseases and torments, and those which were possessed with devils, and those which were palsied, and he healed them.

25 And there followed him great multitudes of people from Gal'i-lee, and from De-cap'o-lis, and from Je-ru'-sa-lem, and from Ju-dae'a, and from beyond Jor'dan.

The Beatitudes

5 And seeing the multitudes, he went up into a mountain: and when he was set, his disciples came unto him:

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