

DRINKING DEEP

Remember:

The Spiritual Disciplines are means of grace that bring us into God's presence where He can change us!

Fasting is a rhythm we practice for the purpose of intimacy with Jesus. What makes fasting a uniquely spiritual discipline is that we are choosing to unplug from food, so that we can engage God. Fasting acknowledges our dependence on the Lord. In the Bible, fasting most often occurs when God's people are desperate or have to make decisions. When we fast, we are reminded of our inner dependence on God. We fast because our souls are as dependent upon God as our bodies are upon food.

HOW DID YOU EXPERIENCE GOD IN THIS ACTIVITY?

Share it with us! Email stories@newheightschurch.com

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The Practice of the Week:

Pick a day where you can fast a minimum of two meals.

Be sure to drink plenty of water!

Use the time when you would normally be eating a meal to do some “spiritual eating.” Try to engage for part of the time in one of the spiritual disciplines we have talked about in the Drinking Deep series: silence and solitude, prayer, worship, etc.

As an alternative option to fasting a meal, try letting go of something you are a bit dependent on: Diet Coke, Facebook or Instagram, Netflix, coffee, chocolate... A fast from media or a delicacy for a certain period of time may be more effective for you than a fast from a meal!

For Reflection with a small group or a friend:

Were you able to practice the exercise this week?

If so, describe what you did and how you felt about it.

What did you notice about yourself when you got hungry?

Did you notice any difference in your interaction with God while fasting?

How is this series helping you to drink more deeply of Jesus?