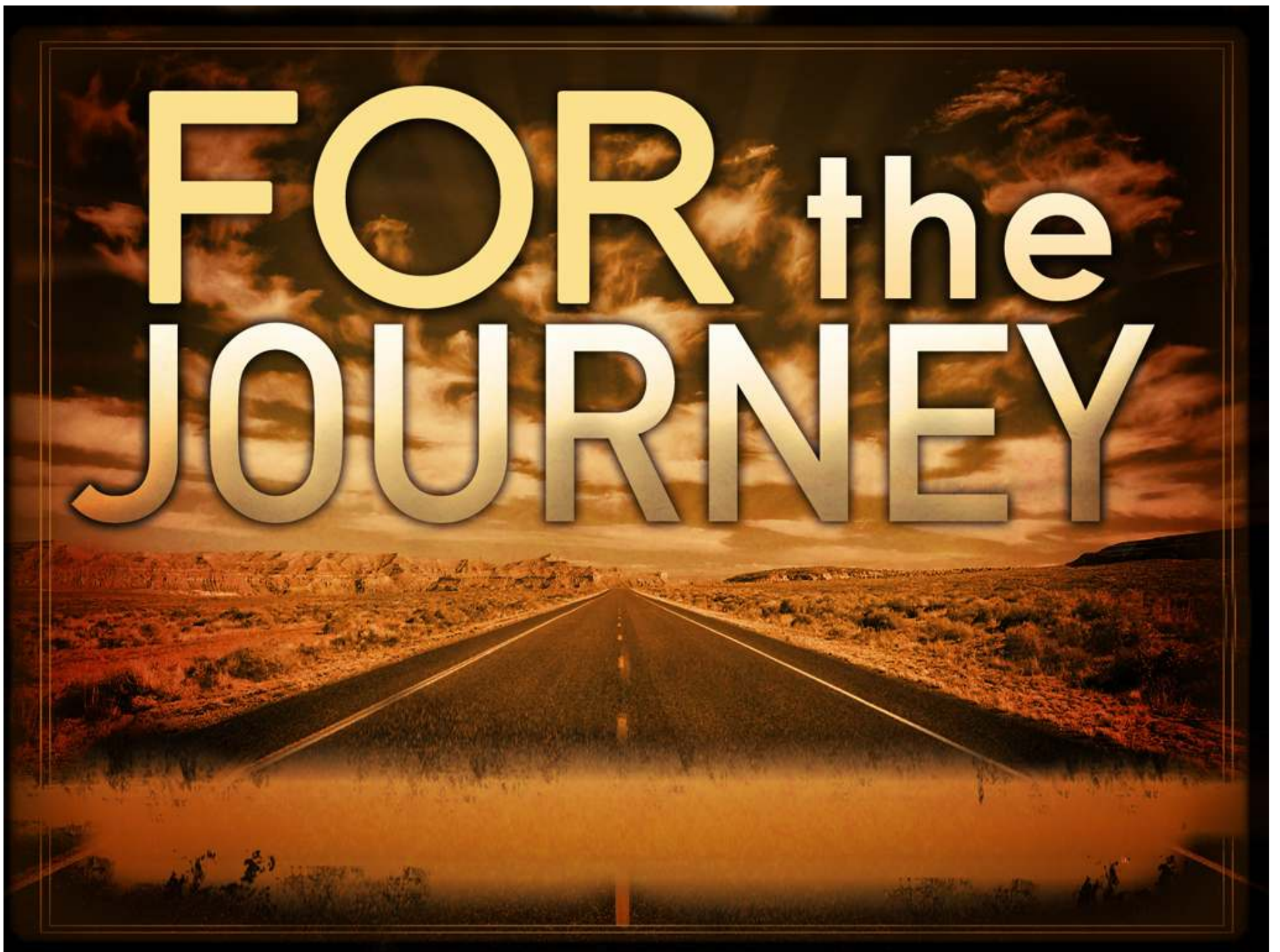




FOR the JOURNEY

*The LORD makes firm the steps
of the one who delights in him
Psalm 37:23*

FOR the JOURNEY





FOR the
JOURNEY

**In the Bible,
people met these
challenges and opportunities
with FASTING!**



FOR the
JOURNEY

**Biblical FASTING -
willfully abstaining from
something (usually food) for
a spiritual purpose**



FOR the
JOURNEY

Matthew 6: 16-18

¹⁶ “When you fast, do not look somber as the hypocrites do, for they disfigure their faces to show men they are fasting. I tell you the truth, they have received their reward in full. ¹⁷ But when you fast, put oil on your head and wash your face, ¹⁸ so that it will not be obvious to men that you are fasting, but only to your Father, who is unseen; and your Father, who sees what is done in secret, will reward you.



FOR the
JOURNEY

How to Fast

- **When – not if. Fasting is a normal part of a believers life in God**



FOR the
JOURNEY

Luke 5: 33-35

³³ They said to him, “John’s disciples often fast and pray, and so do the disciples of the Pharisees, but yours go on eating and drinking.” ³⁴ Jesus answered, “Can you make the guests of the bridegroom fast while he is with them? ³⁵ But the time will come when the bridegroom will be taken from them; in those days they will fast.”



FOR the
JOURNEY

How to Fast

- **When – not if. Fasting is a normal part of a believers life in God**
- **Fasting is not an external, religious demonstration of spirituality but rather an internal demonstration of dependence**



FOR the
JOURNEY

Matthew 6: 16-18

¹⁶ “When you fast, do not look somber as the hypocrites do, for they disfigure their faces to show men they are fasting. I tell you the truth, they have received their reward in full. ¹⁷ But when you fast, put oil on your head and wash your face, ¹⁸ so that it will not be obvious to men that you are fasting, but only to your Father, who is unseen; and your Father, who sees what is done in secret, will reward you.

The text "FOR the JOURNEY" is displayed in a stylized, metallic font. "FOR" is in a larger, bold font, "the" is smaller and in a script font, and "JOURNEY" is in a large, bold font. The background of the text is a landscape with a road leading towards a horizon under a cloudy sky.

**FOR the
JOURNEY**

How to Fast

- **When – not if. Fasting is a normal part of a believers life in God**
- **Fasting is not an external, religious demonstration of spirituality but rather an internal demonstration of dependence**
- **The Father will reward your fasting**



FOR the
JOURNEY

Matthew 6: 16-18

¹⁶ “When you fast, do not look somber as the hypocrites do, for they disfigure their faces to show men they are fasting. I tell you the truth, they have received their reward in full. ¹⁷ But when you fast, put oil on your head and wash your face, ¹⁸ so that it will not be obvious to men that you are fasting, but only to your Father, who is unseen; and your Father, who sees what is done in secret, will reward you.”

A graphic with the text "FOR the JOURNEY" in a stylized font. "FOR" is in large, bold, white letters, "the" is in a smaller, white font, and "JOURNEY" is in large, bold, white letters. The background of the graphic shows a road stretching into the distance under a cloudy sky.

FOR the
JOURNEY

For the Journey

- **21 days starting Jan 2 – Jan 22**
- **Fast in faith and wisdom**
- **Seek God during the fast through prayer and bible reading**
- **Focus on the purpose of your fast**
- **Encourage one another**



FOR the
JOURNEY

Isaiah 58: 8-9a

⁸ Then your light will break forth like the dawn, and your healing will quickly appear; then your righteousness will go before you, and the glory of the LORD will be your rear guard. ⁹ Then you will call, and the LORD will answer; you will cry for help, and he will say: Here am I.

A graphic with the text "FOR the JOURNEY" in a stylized font. The background shows a road stretching into the distance under a cloudy sky.

**FOR the
JOURNEY**

Isaiah 58: 11-12

¹¹ The LORD will guide you always; he will satisfy your needs in a sun-scorched land and will strengthen your frame. You will be like a well-watered garden like a spring whose waters never fail. ¹² Your people will rebuild the ancient ruins and will raise up the age-old foundations; you will be called Repairer of Broken Walls, Restorer of Streets with Dwellings.