

# Abide

- how to hear God's voice to find your purpose and joy
- how to experience God's power to gain freedom from sin
- how to remain in God's ways to grow holy and healthy



## **John 15:1,4-6,10-11**

“I am the true vine, and My Father is the vinegrower. Abide in Me as I abide in you.

*Just as the branch cannot bear fruit by itself unless it abides in the vine, neither can you unless you abide in Me.*

**John 15:1,4-6,10-11**

I am the vine, you are the branches.

Those who abide in Me and I in them  
bear much fruit,

*because apart from Me you can do  
nothing.*

## **John 15:1,4-6,10-11**

Whoever does not abide in Me is thrown away like a branch and withers; such branches are gathered, thrown into the fire, and burned ...

If you keep My commandments, you will abide in My love, just as I have kept My Father's commandments and abide in His love.

*I have said these things to you so that My joy may be in you, and that your joy may be complete.*

A rule of life is a set of rhythms and restrictions we habituate that helps us connect with God and resist popular culture.

**We will build a robust  
communal rule of life to grow  
in intimacy with God.**

*“I have both rhythms and  
restrictions to help me connect with  
God and resist popular culture.”*

# NECC Corporate Rule of Life

Rhythm – Daily prayer  
engagement with Scripture.

Restriction – Limit quality and  
quantity of your screen intake.

Date	Topic
January 11th	Fasting
January 18th	Confession
January 25th	Gratitude
February 1st	Generosity
February 8th	Celebration
February 15th	Rest
February 22nd	Church
Feb 23-April 5	Daily Lenten Rule of Life

## Matthew 6:16-18

“And when you fast, don’t make it obvious, as the hypocrites do, for they try to look miserable and disheveled so people will admire them for their fasting. I tell you the truth, that is the only reward they will ever get. But when you fast, comb your hair and wash your face. Then no one will notice that you are fasting, except your Father, who knows what you do in private. And your Father, who sees everything, will reward you.

# **Fasting - Matthew 6:16-18**

1. Do I have to fast?
2. What are bad reasons to fast?
3. What are good reasons to fast?

## Matthew 6:16-18

“And when you fast, don’t make it obvious, as the hypocrites do, for they try to look miserable and disheveled so people will admire them for their fasting. I tell you the truth, that is the only reward they will ever get. But when you fast, comb your hair and wash your face. Then no one will notice that you are fasting, except your Father, who knows what you do in private. And your Father, who sees everything, will reward you.

- As of 2022, 37.7% of KY adults classified as obese
- That's 40th in the nation for adult obesity rates
- Approximately 19.6% of Kentucky children aged 10 to 17 are obese
- That's second-highest in the US
- In Louisville, 39.9% of adult population classified as obese
- Obesity rates are disproportionately high in 12 low-income Louisville neighborhoods
- Per the 2024 National Findings Report for KY, 41% of adults have a BMI of 30 or higher, compared to 34% nationally.
- Nearly 14% of KY adults have been diagnosed with diabetes, placing the state fifth nationally.
- Approximately 40.3% of adults in Kentucky have hypertension, also ranking fifth in the nation.

# **Fasting means to “abstain from food”**

- In the OT, the main Hebrew word used is *tsom*.
- In the NT, the main Greek word used is *nēsteia*.
- While abstaining from Netflix, social media, vaping, shopping, and complaining are popular examples of modern fasting and also spiritually beneficial, that's not fasting.

# How does the Bible talk about fasting?

- Jesus himself assumes we will fast.
- In the Bible, fasting means to abstain from food.
- There is no clear NT teaching on when, how long, or how often.
- You can practice fasting w/personal liberty and safety.

# Three Types of Fasts

1. **Complete Fast:** Esther and loved ones fast 3 days over the national threat of Jewish holocaust (Esther 4:16).
2. **Partial Fast:** Daniel did a partial fast for 21 days from “choice food” for prophetic vision (Dan10).
3. **Normal Fast:** Ezra calls for a community-wide fast from food for safety and guidance as the Jewish exiles traveled home (Ez 8:21-23).

# Most of the main characters in Scripture fast.

- Moses
- David
- Elijah
- Hannah
- Ezra
- Nehemiah
- Esther
- Daniel
- Jesus
- Paul
- Entire Churches (Acts 13:2-3)
- Church Leaders (Acts 14:23)

# Fasting - Matthew 6:16-18

1. Do I have to fast?
2. What are bad reasons to fast?
3. What are good reasons to fast?

## **Main Point (6:1)**

“Watch out! Don’t do your good deeds publicly, to be admired by others, for you will lose the reward from your Father in heaven.”

## **Example #1 - Giving to Poor (6:2-4)**

“When you give to someone in need, don’t do as the hypocrites do— blowing trumpets in the synagogues and streets to call attention to their acts of charity!”

## **Example #2 – Prayer (6:5-14)**

“When you pray, don’t be like the hypocrites who love to pray publicly on street corners and in the synagogues where everyone can see them.”

## **Example #3 – Fasting (6:15-18)**

“And when you fast, don’t make it obvious, as the hypocrites do, for they try to look miserable and disheveled so people will admire them for their fasting.”

## **Main Point (6:1)**

“Watch out! Don’t do your good deeds publicly, to be admired by others, for you will lose the reward from your Father in heaven.”

## **Matthew 6:16-18**

“And when you fast, don’t make it obvious, as the hypocrites do, for they try to look miserable and disheveled so people will admire them for their fasting. I tell you the truth, that is the only reward they will ever get. But when you fast, comb your hair and wash your face. Then no one will notice that you are fasting, except your Father, who knows what you do in private. And your Father, who sees everything, will reward you.

# Fasting - Matthew 6:16-18

1. Do I have to fast?
2. What are bad reasons to fast?
3. What are good reasons to fast?

## **Matthew 6:16-18**

“And when you fast, don’t make it obvious, as the hypocrites do, for they try to look miserable and disheveled so people will admire them for their fasting. I tell you the truth, that is the only reward they will ever get. But when you fast, comb your hair and wash your face. Then no one will notice that you are fasting, except your Father, who knows what you do in private. And your Father, who sees everything, will reward you.

- Sanctification from sin
- Repentance and forgiveness for sin
- Consecration for some great task
- Comfort in times of grief
- Intercession for some great need
- Freedom from some burden or enemy
- Divine intervention
- Divine guidance
- Divine blessing
- Divine mercy over punishment
- To bring revival

## **Matthew 9:14-15**

One day the disciples of John the Baptist came to Jesus and asked Him, “Why don’t Your disciples fast like we do and the Pharisees do?” Jesus replied, “Do wedding guests mourn while celebrating with the groom? Of course not. But someday the groom will be taken away from them, and then they will fast.

**The Age of the Church is one of  
fasting as we grow our hunger  
for the return of the Groom!**

# Fasting - Matthew 6:16-18

1. Do I have to fast?
  - Yes! But there is freedom!
2. What are bad reasons to fast?
  - Self-Righteous Virtue-Signaling
  - Divine Manipulation
3. What are good reasons to fast?
  - For prayer to be noticed and rewarded
  - To grow in hunger for Jesus

**On Monday, January 12th, from 7:57 AM to 5:45PM, I invite you to fast from everything except water or plain coffee/tea.**

- What does your body, your mind, and your heart hunger for most?
- God, grow my hunger for You.