

NOTES

March 7, 2021

“Then Jesus was led by the Spirit into the wilderness to be tempted by the devil. After fasting forty days and forty nights, he was hungry. The tempter came to him and said, “If you are the Son of God, tell these stones to become bread.” Jesus answered, “It is written: ‘Man shall not live on bread alone, but on every word that comes from the mouth of God.’”

Matthew 4:1-4 NIV

“My food,” said Jesus, “is to do the will of him who sent me and to finish his work.”

John 4:34 NIV

“All things are lawful for me, but I will not be enslaved by anything.”

1 Corinthians 6:12 NIV

Numerous people have written on the many other values of fasting such as increased effectiveness in intercessory prayer, guidance in decisions, increased concentration, deliverance for those in bondage, physical well-being, revelations, and so on. In this, as in all matters, we can expect God to reward those who diligently seek him.”

Richard Foster