



GOOD FRIDAY

ONE 4 WILMINGTON

7:00 P.M.



CELEBRATE EASTER

10am or 11:30am

Facebook.com/

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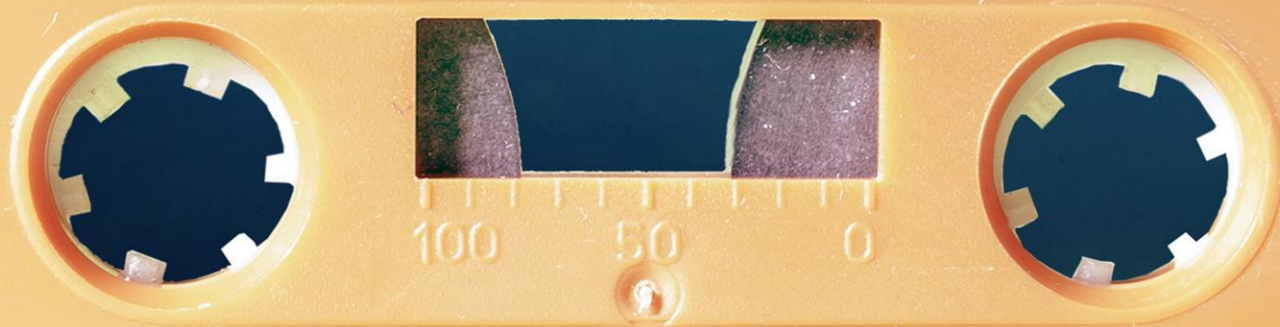
Brandywine.church/christianity101

101

EXPLORING THE BASICS
OF CHRISTIANITY

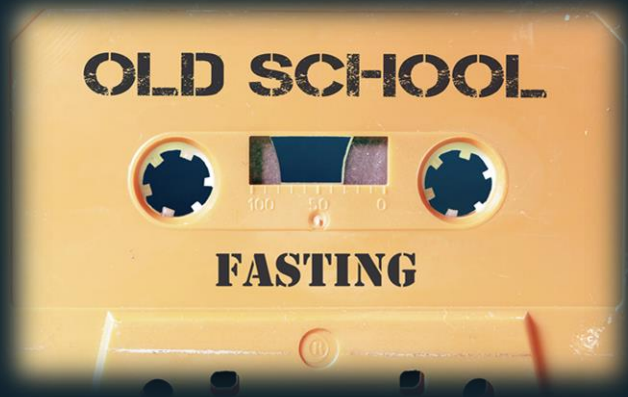
Starting April 19th

OLD SCHOOL



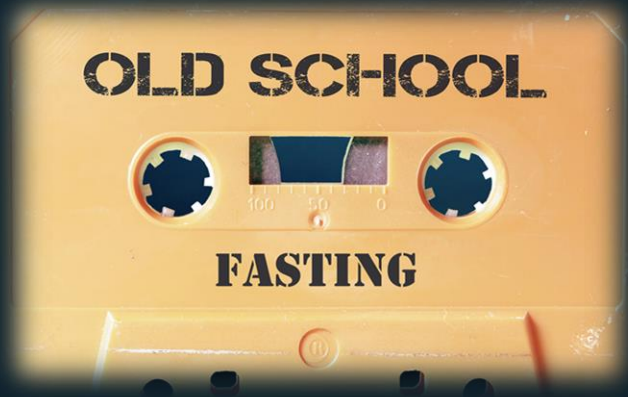
FASTING



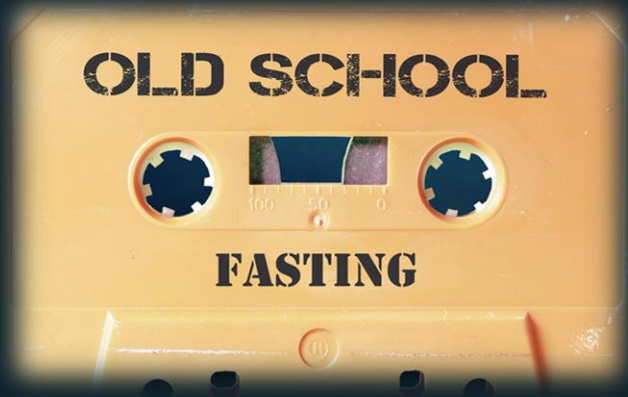


-John Calvin-

“Let us say something about fasting, because many, for want of knowing its usefulness, undervalue its necessity, and some reject it as almost superfluous while on the other hand, where the use of it is not well understood, it easily degenerates into superstition.”

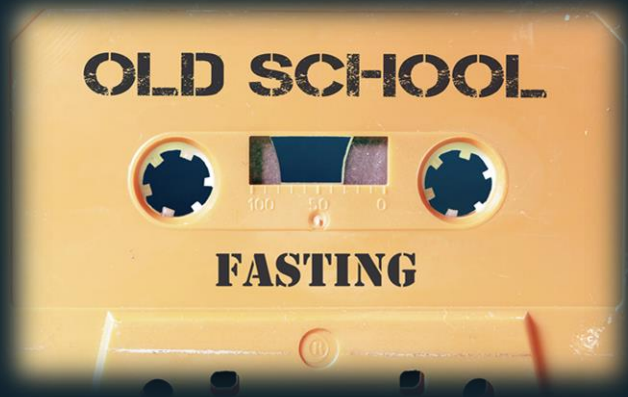


WHAT is Fasting?
WHY Should we Fast?
HOW Should we Fast?



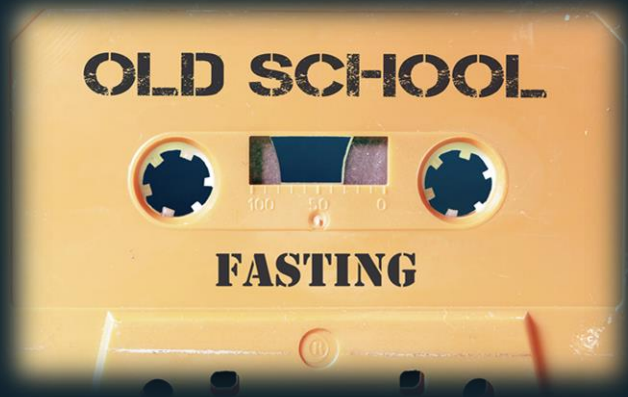
WHAT is Fasting?

The spiritual discipline of going without food for a time in order to seek God for some particular purpose.

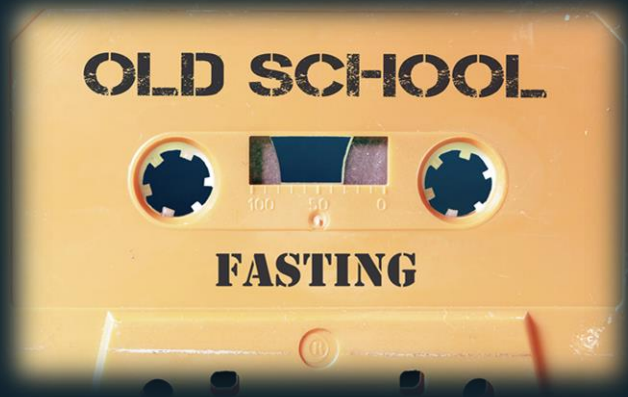


WHAT is Fasting?

The principle of fasting: to abstain from something you CRAVE in order to turn your CRAVING to the Lord.

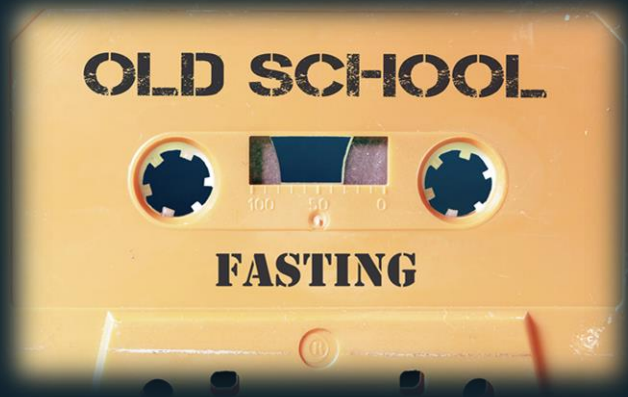


WHY Should we Fast?
Don't Fast to
GET FANS.



Matthew 6:16-18

¹⁶ When you **FAST**, do not look somber as the hypocrites do, for they disfigure their faces to **SHOW OTHERS THEY ARE FASTING**. Truly I tell you, they have received their reward in full.



Matthew 6:16-18

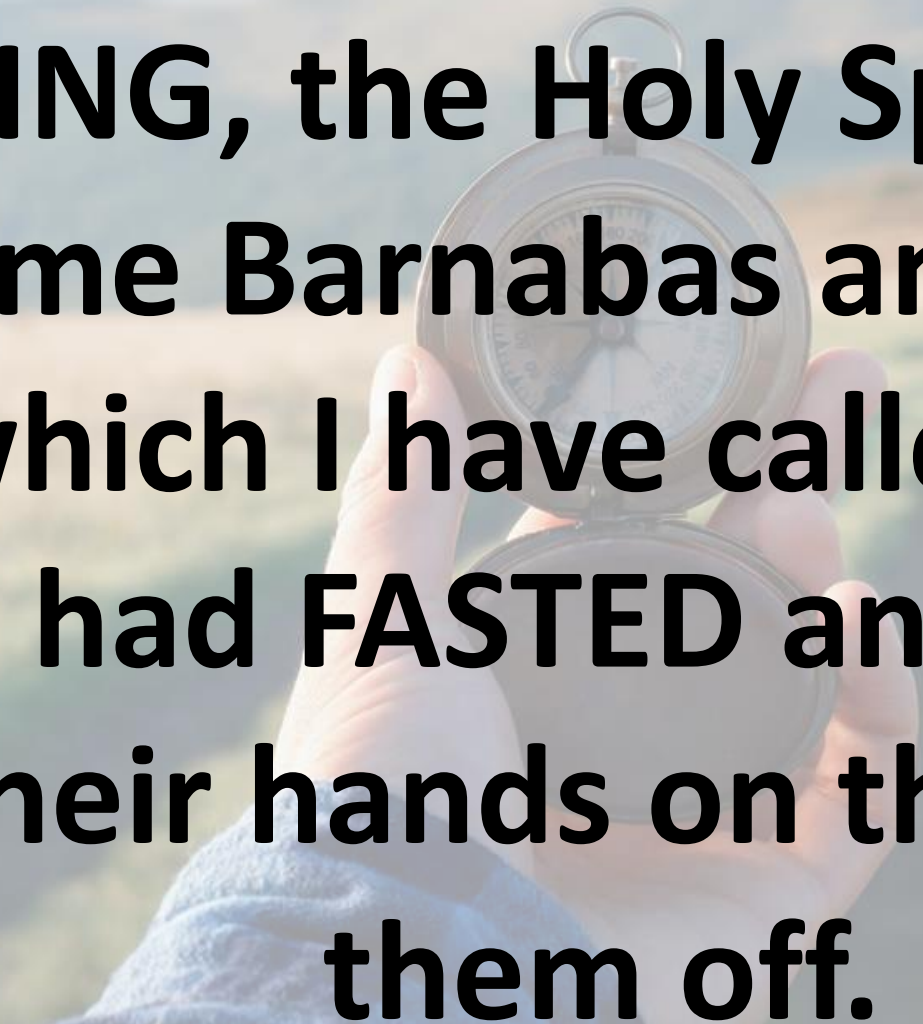
¹⁷ But when you **FAST**, put oil on your head and wash your face, ¹⁸ so that it will not be obvious to others that you are fasting, but **ONLY TO YOUR FATHER**, who is unseen; and your Father, who sees what is done in secret, will reward you.

#1 FASTING IS A COMPASS



Acts 13:2-3

2 While they were worshiping the Lord and FASTING, the Holy Spirit said, “Set apart for me Barnabas and Saul for the work to which I have called them.” 3 So after they had FASTED and prayed, they placed their hands on them and sent them off.

A hand holding a compass over a landscape. The background is a blurred view of a valley with green hills and a winding road, suggesting a journey or exploration. The hand is holding the compass open, with the needle pointing towards the top of the frame.



#2 FASTING IS AN MRI

Nehemiah 1:6-7

⁶I confess the sins we Israelites, including myself and my father's family, have committed against you. ⁷We have acted very wickedly toward you. We have not obeyed the commands, decrees and laws you gave your servant Moses.





#2 FASTING IS AN MRI

#3 FASTING IS AN AMPLIFIER





**To Amplify our
Sorrow and Grief.
2 Samuel 1:12**



**To Amplify our
Expression of
Repentance.
Joel 2:12-13**



**To Amplify our
Dependency on
God.**

Ezra 8:21



**To Amplify our
Longing for
Christ's Return.
Matthew 9:14-15**



**To Amplify our
Desire for God's
Intervention.
Esther 4:16**

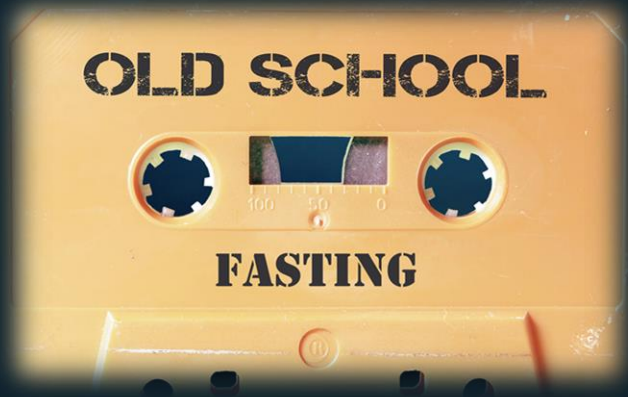


HOW Should
we Fast?

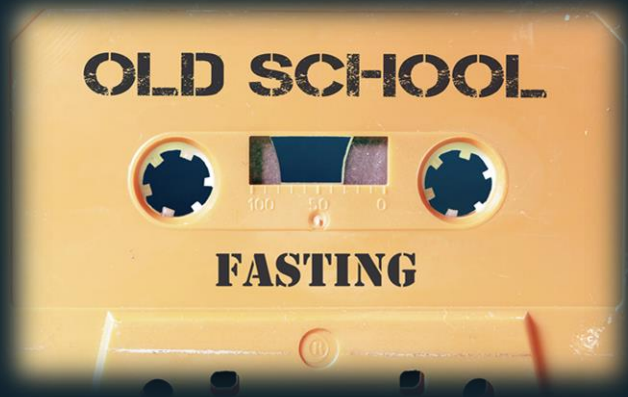
Monday 10 A.M.

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LIVE



HOW Should we Fast?
Skip 1 Meal Per Day
Monday-Friday



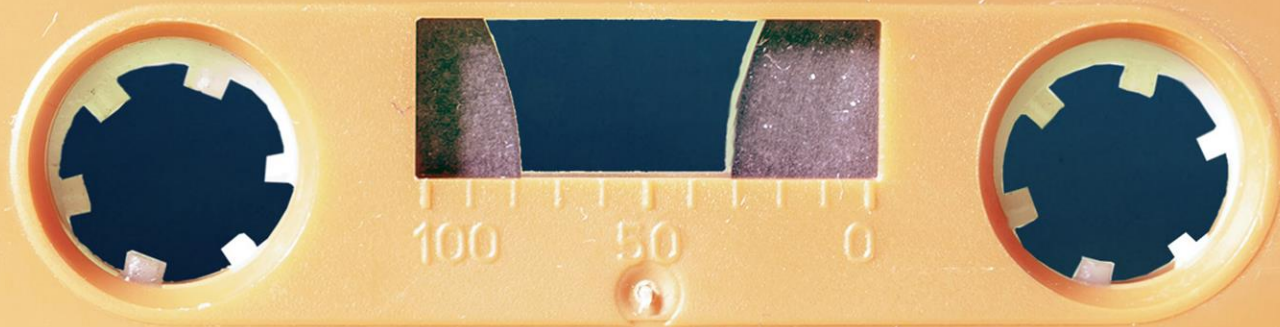
HOW Should we Fast?

READ

CONFESS

PRAY

OLD SCHOOL



FASTING



Give Online:

www.brandywine.church/giving

Give By Mail:

7 Mt. Lebanon Rd

Wilmington, DE 19803