

# The fast that I choose

Sunday March 11, 2012

*Is not this the **fast** I choose....to <sup>1</sup>share your <sup>2</sup>**bread** with the hungry. (Isaiah 58:6-7)  
[<sup>1</sup>break, divide, and distribute; <sup>2</sup>Bread stands for all kind of food.]*

Applying:

- 1) **Physically** *your bread...divide your means seven ways, or even eight.* (Ecclesiastes 11:1-2)
- 2) **Intellectually** *bread.. Jesus said.. beware of the yeast [teaching] of ....* (Matt 16:5-6)
- 3) **Spiritually** *spiritual food* (1 Corinthians 10:3; John 6:35)

*he [Jesus] did eat nothing, .. he afterward **hungered*** (Luke 4:2)

*I was hungry and you gave me no food* (Matthew 25:42)

Jesus comes in the society and demanding food from us!

*you sent me help for my needs more than once...the gifts you sent, a **fragrant offering**, a sacrifice acceptable and pleasing to God.* (Philippians 4:16, 18)

How can we be helpful to others?

First we fully feed and satisfy ourselves, then we will be able to feed others!

*I am the bread of life. Whoever comes to me will never be hungry.* (John 6:35)

*they gave themselves **first** to the Lord and, ... in faith, in speech, in knowledge, in utmost eagerness, .. grace of **giving**.* (2 Corinthians 8:5,7)

*your obedience to the confession of the **gospel of Christ** and by the generosity of **your sharing** with them and **with all others**.* (2 Corinthians 9:13)

What is Good News (gospel of Christ)--Jesus Christ crucified himself for my sins. Now I should believe him as my personal Saviour and Lord. Then my good works and fasting will be acceptable to God. If not saved then my offerings are unacceptable to God just like:

*the Lord had regard for Abel and his offering, but for Cain and his offering he had no regard.* (Genesis 4:4)

by **Ross Nazirullah**

**Asian Christian Fellowship**

St. Mary Magdalene Church

St. Vital Road, Winnipeg.

**By Pastor Wayne Bustard**

## Types of Fasts

- COMPLETE FAST - WATER ONLY
- LIQUID FAST - NO SOLID FOOD
- PARTIAL FAST - CHOOSING WHAT FOODS AND TIMES TO FAST.
- SUPERNATURAL OR ABSOLUTE FAST - NO FOOD OR WATER
- 5. DANIEL FAST
- 6. SOUL FAST OR SOCIAL MEDIA FAST