

Transformation = Fasting 2023
180 Church – Pt 2
Pastor Harlyn – 1.15.2023
Luke 4:1-4, 5-8, 14-19

Luke 4:1b-2a (Jesus was) "...led by the Spirit in the wilderness ² for forty days, being tempted by the devil. And he ate nothing during those days."

Prevailing power _____ you.

Prevailing power _____ you.

Galatians 5:16-17 "But I say, walk by the Spirit, and you will not gratify the desires of the flesh. ¹⁷ For the desires of the flesh war against the Spirit, and the desires of the Spirit are against the flesh, for these are opposed to each other."

Luke 4:3 (Devil) "If you are the Son of God, command this stone to become bread."

Luke 4:4 (Jesus) "Man shall not live by bread alone."

Philippians 3:19 "Their god is their belly."

Luke 4:5-8 "And the devil took him up and showed him all the kingdoms of the world in a moment of time, ⁶ and said to him, "To you I will give all this authority and their glory, for it has been delivered to me, and I give it to whom I will. ⁷ If you, then, will worship me, it will all be yours." ⁸ And Jesus answered him, "It is written, "'You shall worship the Lord your God, and Him only shall you serve.'"

Genesis 3:2 "They looked at the fruit on the tree and saw that it was good to eat."

Genesis 3:1 "Now the serpent (the devil) was more crafty..."

Luke 4:8 "Jesus answered him, 'It is written, "'You shall worship the Lord your God, and Him only shall you serve.'"

WHY IS FASTING SO HARD?

Because our flesh and the devil LOVE being in _____.

Luke 9:23 "And he (Jesus) said to all, "If anyone would come after me, let him **deny himself**, take up his **cross daily** and **follow me**."

Luke 4:14 "And Jesus returned in the power of the Spirit to Galilee,"

Luke 4:15a "And he taught in their synagogues,"

Luke 4:16b “As was his habit, he went to the synagogue...”

Luke 4:17 “And the scroll of the prophet Isaiah was handed to him. He unrolled the scroll and found the place where it was written,”

Luke 4:18-19 “The Spirit of the Lord is upon me, because he has anointed me to proclaim good news to the poor. He has sent me to proclaim liberty to the captives and recovering of sight to the blind, to set at liberty those who are oppressed, ¹⁹ to proclaim the year of the Lord's favor.”

LOOK IN:

What kind of ‘fast’ has Jesus chosen for you? Pray & listen, then obey.

TYPES OF FASTING*

The Daniel Fast

Eat no meat, no sweets, no bread and no dairy. Drink water and juice. Eat fruits and vegetables.

Partial Fast

A partial fast is from sunup to sundown, or give up at least one meal for starters.

Full Fast

Drink only liquids.

You can select from any of these three types of fasts - a full fast, Daniel fast or partial fast – Enjoy!!

**please consult your physician before participating.*

With Love,
Your 180 TEAM