

AS FOR EVERYONE WHO COMES TO ME AND HEARS MY WORDS AND PUTS THEM INTO PRACTICE, I WILL SHOW YOU WHAT THEY ARE LIKE. THEY ARE LIKE A MAN BUILDING A HOUSE, WHO DUG DOWN DEEP AND LAID THE FOUNDATION ON ROCK. WHEN A FLOOD CAME, THE TORRENT STRUCK THAT HOUSE BUT COULD NOT SHAKE IT, BECAUSE IT WAS WELL BUILT. BUT

LUKE 6:47-49

THE ONE WHO HEARS MY WORDS AND DOES NOT PUT THEM INTO PRACTICE IS LIKE A MAN WHO BUILT A HOUSE ON THE GROUND WITHOUT A FOUNDATION. THE MOMENT THE TORRENT STRUCK THAT HOUSE, IT COLLAPSED AND ITS DESTRUCTION WAS COMPLETE.

LUKE 6:47-49

FORMATION

THE ART & SCIENCE

OF HOW WE CHANGE

LUKE 6

V. 47-49

FORMATION

The background is a complex composition of overlapping geometric shapes in various shades of orange, from light yellow-orange to deep, dark burnt orange. The shapes include rectangles, triangles, and a large inverted triangle. The overall effect is a textured, layered look with a warm, monochromatic color palette.

FORMATION

AND WE ALL, WHO WITH UNVEILED FACES
CONTEMPLATE THE LORD'S GLORY, ARE BEING
TRANSFORMED INTO HIS IMAGE WITH EVER-
INCREASING GLORY, WHICH COMES FROM THE
LORD, WHO IS THE SPIRIT.

2 CORINTHIANS 3:18

FORMATION

DO NOT CONFORM TO THE PATTERN OF THIS WORLD, BUT BE **TRANSFORMED** BY THE RENEWING OF YOUR MIND. THEN YOU WILL BE ABLE TO TEST AND APPROVE WHAT GOD'S WILL IS—HIS GOOD, PLEASING AND PERFECT WILL.

ROMANS 12:2

FORMATION

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FORMATION

A DISCIPLE IS NOT ABOVE HIS TEACHER, BUT
EVERYONE WHEN HE IS FULLY TRAINED WILL BE
LIKE HIS TEACHER.

LUKE 6:40

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FORMATION

THE GREATEST ISSUE FACING THE WORLD TODAY,
WITH ALL ITS HEARTBREAKING NEEDS, IS WHETHER
THOSE WHO, BY PROFESSION OR CULTURE, ARE
IDENTIFIED AS 'CHRISTIANS' WILL BECOME
DISCIPLES – STUDENTS, APPRENTICES,
PRACTITIONERS – OF JESUS CHRIST, STEADILY

DALLAS WILLARD

FORMATION

LEARNING FROM HIM HOW TO LIVE THE LIFE OF
THE KINGDOM OF THE HEAVENS INTO EVERY
CORNER OF HUMAN EXISTENCE.

DALLAS WILLARD

FORMATION

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FORMATION

LUKE 6

V. 47-49

FORMATION

THE THINGS WE DO, DO THINGS TO US.

JAMES K.A. SMITH

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FORMATION

WHAT IS FASTING?

FORMATION

WHAT IS FASTING?

WHY SHOULD WE FAST?

FORMATION

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FORMATION

WHAT IS FASTING?

FORMATION

WHAT IS FASTING?

FASTING ISN'T DIETING.

FORMATION

WHAT IS FASTING?

FASTING ISN'T DIETING.

FASTING ISN'T ABSTAINING.

FORMATION



FORMATION

FASTING

THE PRACTICE OF ABSTAINING FROM ALL FOOD AND NON-WATER BEVERAGES, DURING A DETERMINED LENGTH OF TIME, FOR SPIRITUAL PURPOSES.

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FORMATION

WHY SHOULD WE FAST?

FORMATION

WHY SHOULD WE FAST?

BECAUSE THE BIBLE
ASSUMES THAT WE WILL

FORMATION

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. BUT WHEN YOU FAST, PUT OIL ON YOUR HEAD AND WASH YOUR FACE, SO THAT IT WILL NOT BE OBVIOUS TO OTHERS THAT YOU ARE FASTING, BUT ONLY TO YOUR FATHER, WHO IS UNSEEN; AND

MATTHEW 6:16-18

FORMATION

YOUR FATHER, WHO SEES WHAT IS DONE IN
SECRET, WILL REWARD YOU.

MATTHEW 6:16-18

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FORMATION

THEN JOHN'S DISCIPLES CAME AND ASKED HIM,
"HOW IS IT THAT WE AND THE PHARISEES FAST
OFTEN, BUT YOUR DISCIPLES DO NOT FAST?" JESUS
ANSWERED, "HOW CAN THE GUESTS OF THE
BRIDEGROOM MOURN WHILE HE IS WITH THEM?
THE TIME WILL COME WHEN THE BRIDEGROOM
WILL BE TAKEN FROM THEM; **THEN THEY WILL**
FAST.

MATTHEW 9:14-15

FORMATION

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FORMATION

WHEN SHOULD WE FAST?

FORMATION

WHEN SHOULD WE FAST?

WHEN A SITUATION IN LIFE
IS DESERVING OF IT

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FORMATION

SITUATIONS THAT PROMPT FASTING:

- **WHEN WE'RE GRIEVED BY OUR SIN** (1 SAM. 7:6, JOEL 2:12, 1 KINGS 21:27, NEH. 9:1)
- **WHEN WE'RE GRIEVED BY THE SIN OF OTHERS** (DEUT. 9:9, 1 SAM. 20:34, EZRA 10:6, DAN. 9:3)
- **WHEN WE ENCOUNTER GOD IN PROFOUND WAYS** (ACTS 9:9, JONAH 3:5)
- **WHEN WE ARE IN MOURNING** (PSALM 69:10, MATT. 9:15, JOEL 1:14)
- **WHEN WE WANT TO WORSHIP** (LUKE 2:36-37, ACTS 13:2)

SITUATIONS THAT PROMPT FASTING:

- **WHEN GOD SEEMS ABSENT (PSALM 109:24)**
- **WHEN WE KNOW TEMPTATION IS COMING (MATT. 4:1-2)**
- **WHEN WE NEED GOD'S HELP (EZRA 8:21, ESTH. 4:16)**
- **WHEN WE WITNESS INJUSTICE (ISAIAH 58:6)**
- **WHEN WE NEED CLARITY OR WISDOM (EX. 34:28, JUDGES 20:26-28)**
- **WHEN MAKING IMPORTANT DECISIONS (ACTS 13:2, 14:23)**

SITUATIONS THAT PROMPT FASTING:

- **WHEN SOMEONE IS SICK** (2 SAM. 12:16, PSALM 35:13, MARK 9:29)
- **WHEN SOMEONE DIES** (2 SAM. 1:12, 31:13; 2 SAM. 3:35)
- **WHEN WE WANT TO CHANGE GOD'S MIND** (JONAH 3:9, 1 KINGS 21:20-29, JOEL 2:12-16)
- **WHEN WE ARE FEARFUL** (2 CHRON. 20:3)
- **WHEN WE WANT TO HUMBLE OURSELVES** (1 KINGS 21:27, PSALM 35:13)

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FORMATION

ONE DAY EACH WEEK

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