BUT GOD, BEING RICH IN MERCY, BECAUSE OF THE GREAT LOVE WITH WHICH HE LOVED US, EVEN WHEN WE WERE DEAD IN OUR TRESPASSES, MADE US ALIVE TOGETHER WITH CHRIST—BY GRACE YOU HAVE BEEN SAVED— AND RAISED US UP WITH HIM AND SEATED US WITH HIM IN THE HEAVENLY PLACES IN CHRIST JESUS, SO THAT IN THE COMING AGES HE MIGHT SHOW THE IMMEASURABLE

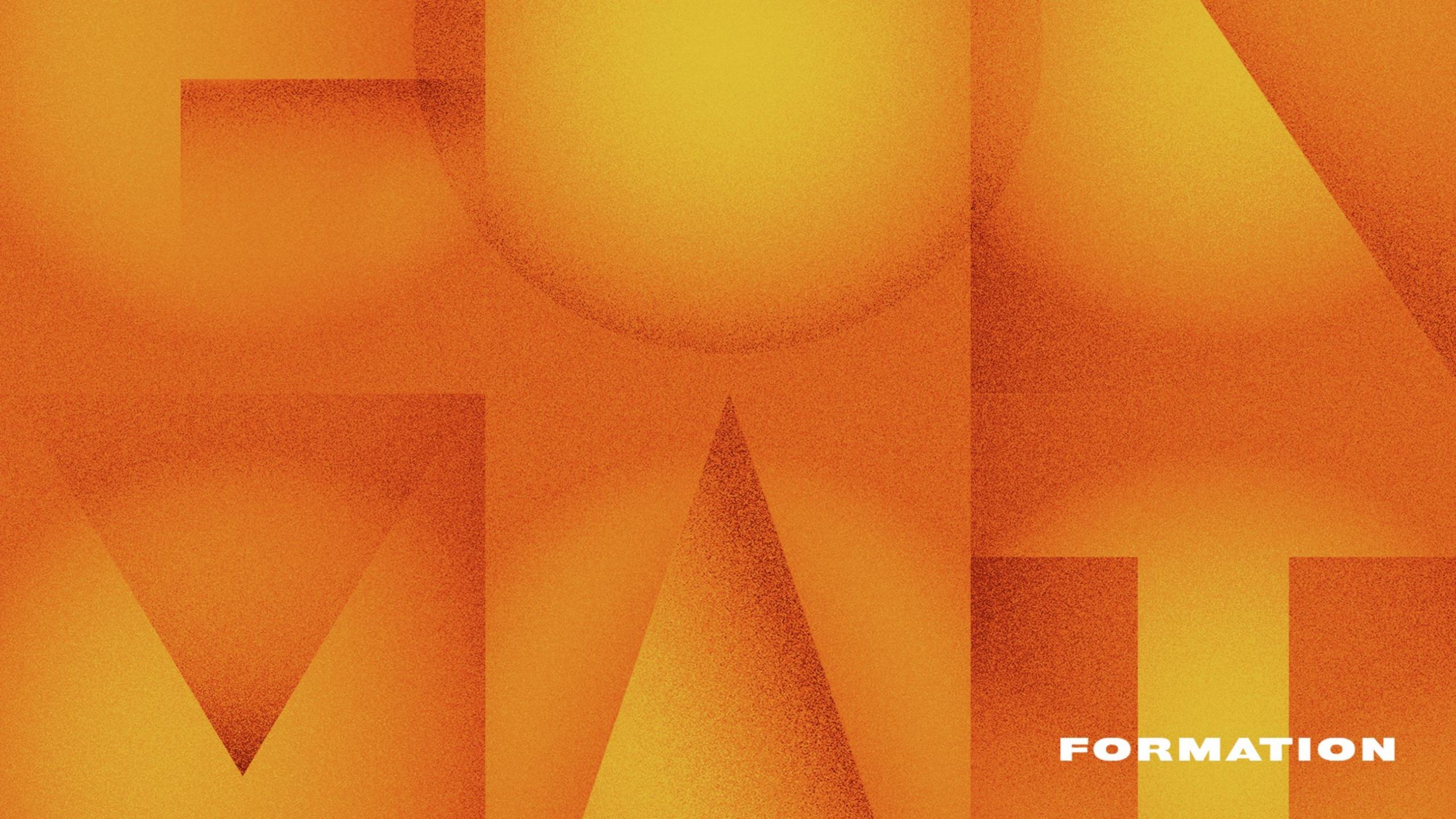
EPHESIANS 2:4-9

RICHES OF HIS GRACE IN KINDNESS TOWARD US IN CHRIST JESUS. FOR BY GRACE YOU HAVE BEEN SAVED THROUGH FAITH. AND THIS IS NOT YOUR OWN DOING; IT IS THE GIFT OF GOD, NOT A RESULT OF WORKS, SO THAT NO ONE MAY BOAST.

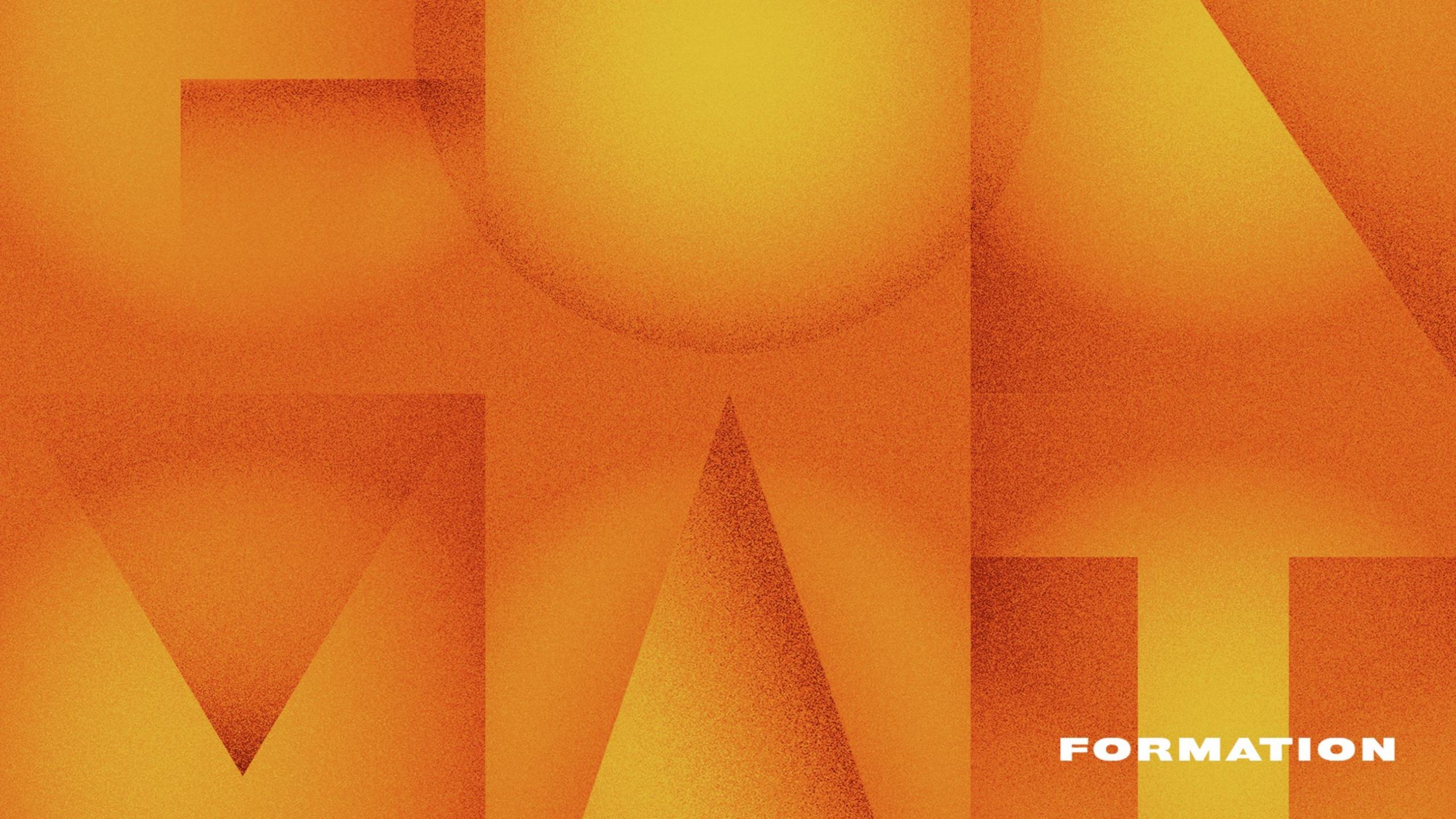
EPHESIANS 2:4-9

FORMATION

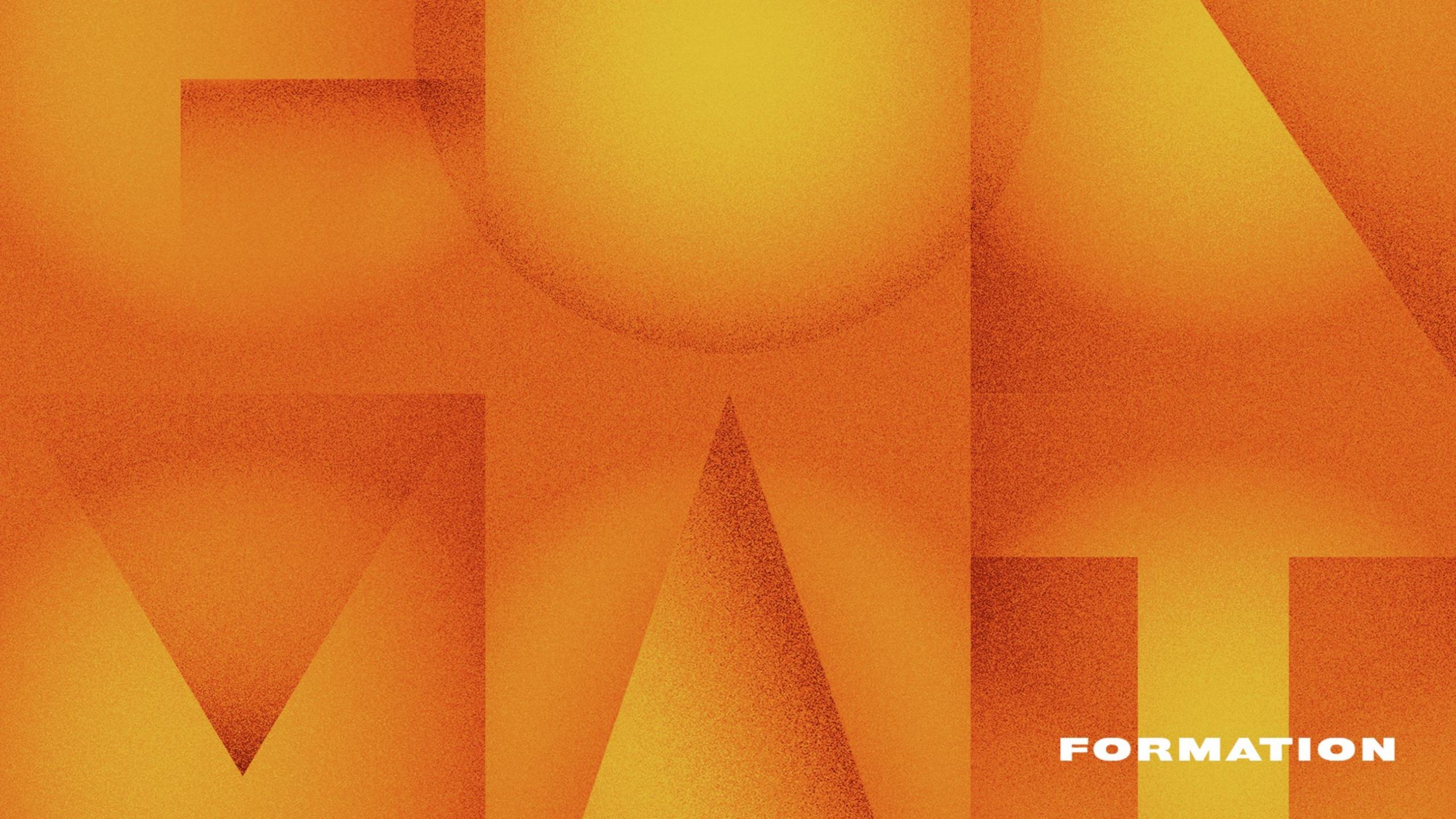
THE ART & SOIENGE



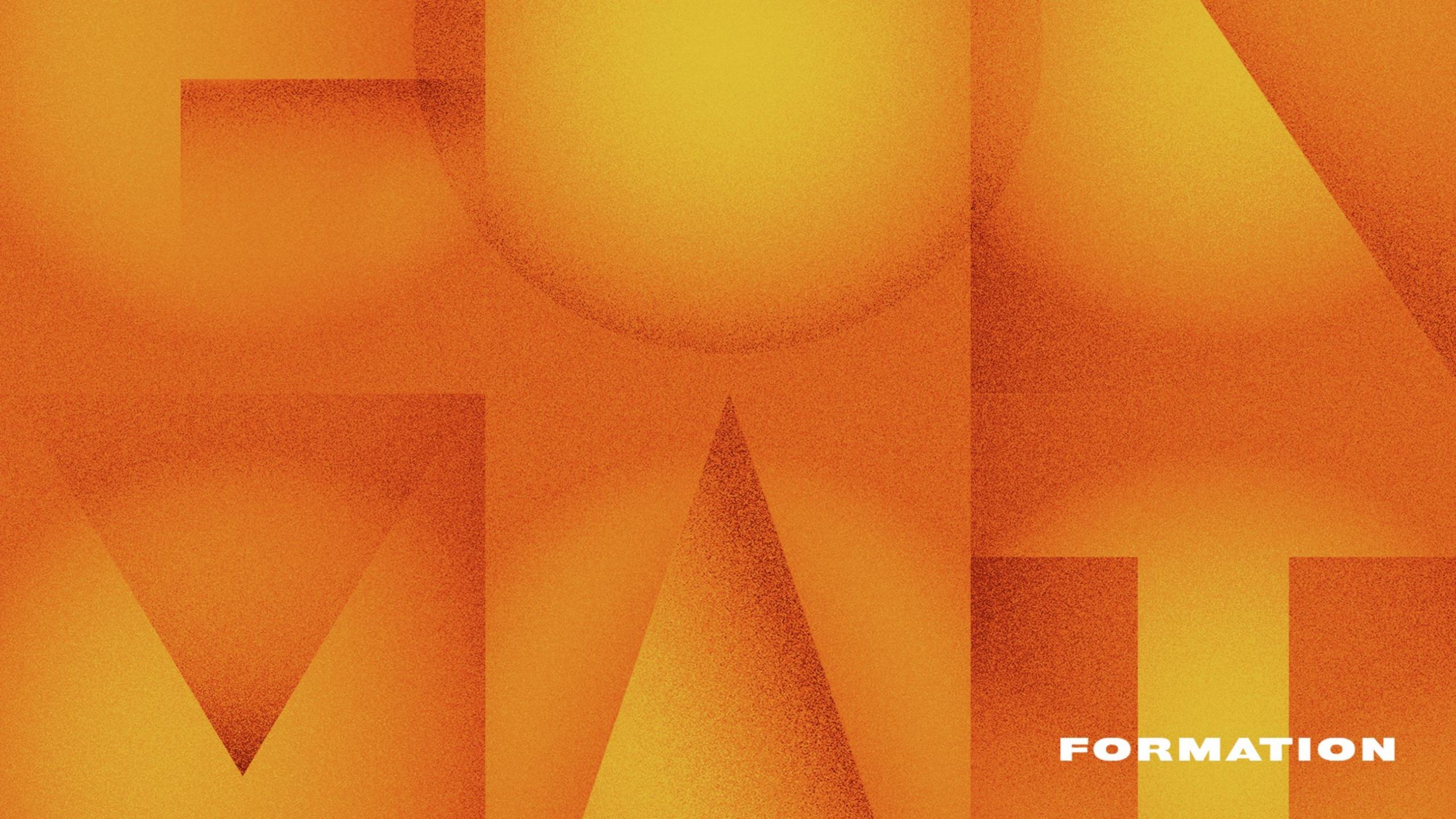
EPHESIANS 2 V. 1-9



HOW DO I FAST AS A FOLLOWER OF JESUS IF I STRUGGLE WITH AN UNHEALTHY RELATIONSHIP TO FOOD?



EPHESIANS 2 V. 1-9



PRINCIPLE #1: RECOGNIZE YOUR ENEMIES



THREE ENEMIES OF THE SOUL: • THE DEVIL

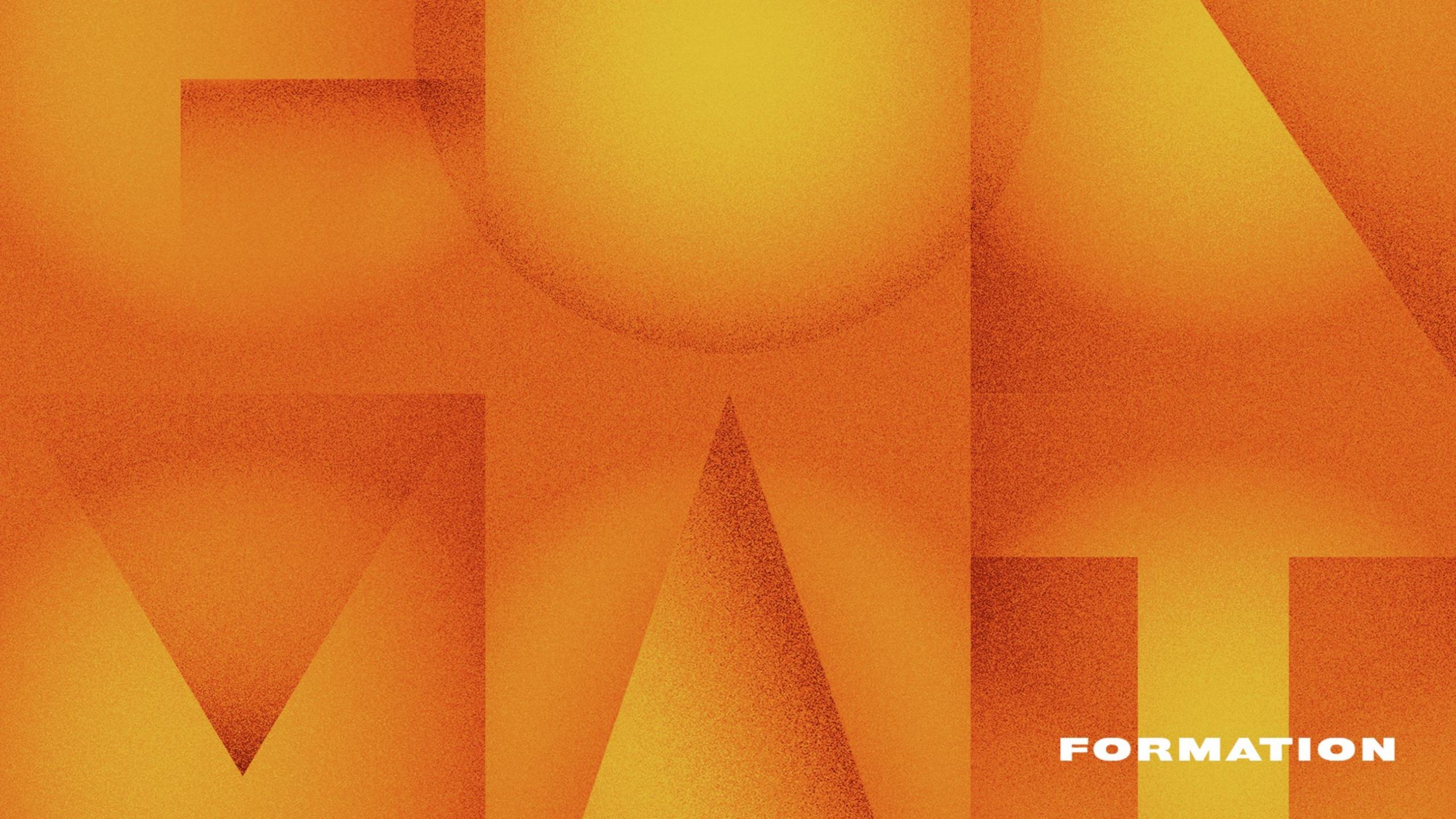
- THE DEVIL
- THE FLESH

- THE DEVIL
- · THE FLESH
- THE WORLD

- THE DEVIL
- THE FLESH
- THE WORLD

BODILY IDOLATRY IN AMERICA IS A MONSTER WITH TWO HEADS.

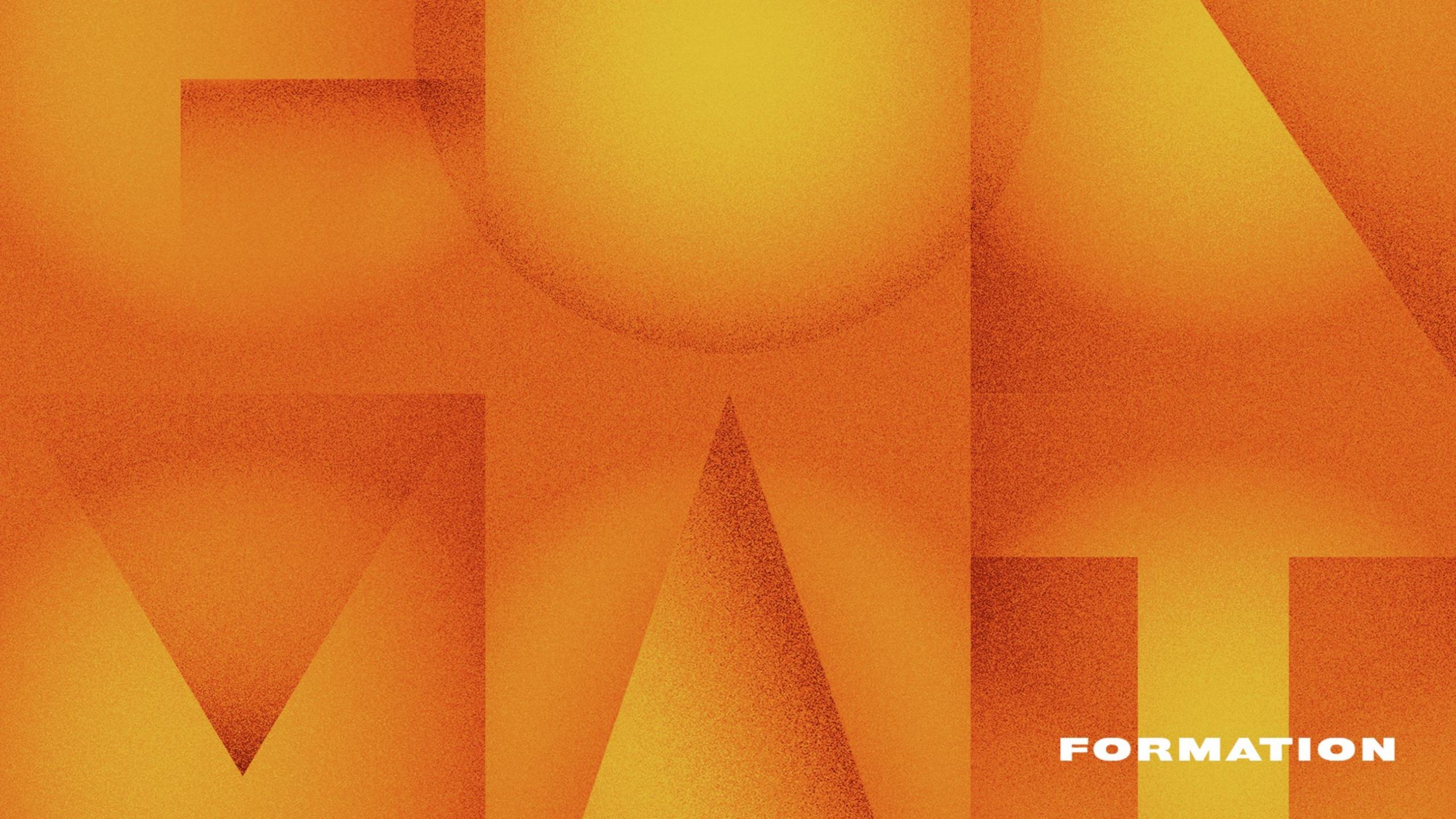
JOSH PORTER



DECEITFULIDEAS

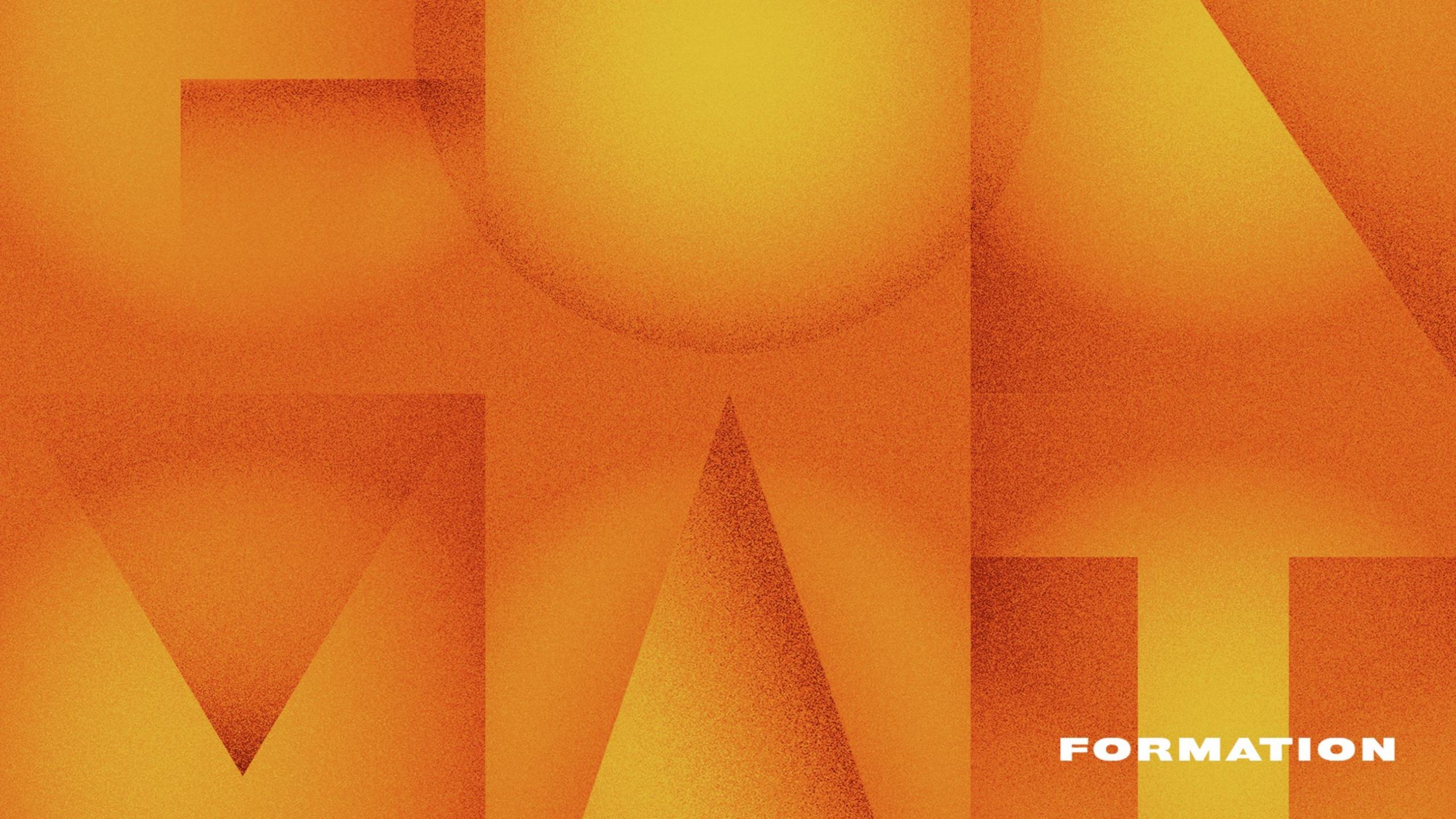
DECEITFUL IDEAS THAT PLAY TO DISORDERED DESIRES

THAT PLAY TO DISORDERED DESIRES NORMALIZED BY A SINFUL SOCIETY



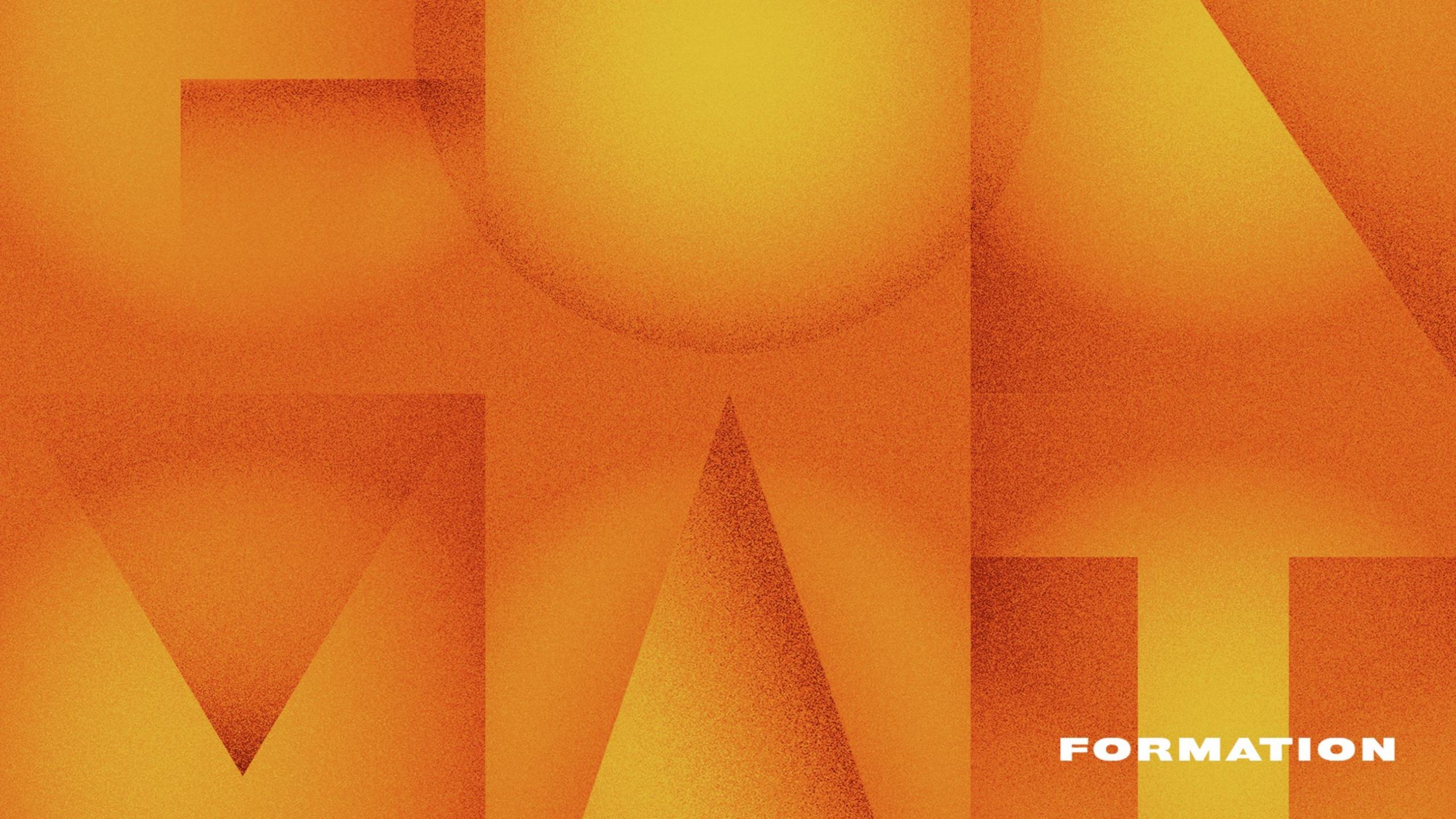
EPHESIANS 2 V. 1-9

SET DOWN YOUR FALSE GOSPEL



LIVE INTO YOUR IDENTITY & POSITION IN CHRIST

EPHESIANS 2 V. 1-9



PRACTICALS:



PRACTICALS: 1. BRING YOUR STRUGGLE TO OTHERS.



- 1. BRING YOUR STRUGGLE TO OTHERS.
- 2. FAST IN COMMUNITY.

PRACTICALS:

- 1. BRING YOUR STRUGGLE TO OTHERS.
- 2. FAST IN COMMUNITY.
- 3. START SMALL.

PRACTICALS:

- 1. BRING YOUR STRUGGLE TO OTHERS.
- 2. FAST IN COMMUNITY.
- 3. START SMALL.
- 4. KEEP CHRIST AS THE FOCUS.

