

Spiritual Disciplines



Spiritual Disciplines



Fasting

“At that time I, Daniel, mourned for three weeks. I ate no choice food; no meat or wine touched my lips; and I used no lotions at all until the three weeks were over.”

Dan 10:2-3

Mt 6: 16-18

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Fasting

“The words of Nehemiah son of Hakaliah:

In the month of Kislev in the twentieth year, while I was in the citadel of Susa, Hanani, one of my brothers, came from Judah with some other men, and I questioned them about the Jewish remnant that had survived the exile, and also about Jerusalem.

They said to me, “Those who survived the exile and are back in the province are in great trouble and disgrace. The wall of Jerusalem is broken down, and its gates have been burned with fire.”

When I heard these things, I sat down and wept. For some days I mourned and fasted and prayed before the God of heaven.”

Nehemiah 1:1-4

“After this, the Moabites and Ammonites with some of the Meunites came to wage war against Jehoshaphat.

Some people came and told Jehoshaphat, “A vast army is coming against you from Edom, from the other side of the Dead Sea. It is already in Hazezon Tamar” (that is, En Gedi). Alarmed, Jehoshaphat resolved to inquire of the LORD, and he proclaimed a fast for all Judah. The people of Judah came together to seek help from the LORD; indeed, they came from every town in Judah to seek him.”

2 Ch 20: 1-4

“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.” So after they had fasted and prayed, they placed their hands on them and sent them off.”

Acts 13:2-3

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Fasting

“In the same way, those of you who do not give up everything you have cannot be my disciples.”

Luke 14:33

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Fasting

Lk 9

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Submission

Mk 10

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Submission