

Mosaic Teaching Guide

Teaching Series: The Lenten Way

Teaching: Fasting, the Way of Blessed Subtraction

Luke 4.1-13

Jesus, full of the Holy Spirit, returned from the Jordan and was led by the Spirit in the wilderness, where for forty days he was tempted by the devil. He ate nothing at all during those days, and when they were over, he was famished. The devil said to him, "If you are the Son of God, command this stone to become a loaf of bread." Jesus answered him, "It is written, '***One does not live by bread alone.***'" Then the devil led him up and showed him in an instant all the kingdoms of the world. And the devil said to him, "To you I will give their glory and all this authority; for it has been given over to me, and I give it to anyone I please. If you, then, will worship me, it will all be yours." Jesus answered him, "It is written, '***Worship the Lord your God, and serve only him.***'" Then the devil took him to Jerusalem, and placed him on the pinnacle of the temple, saying to him, "If you are the Son of God, throw yourself down from here, for it is written, 'He will command his angels concerning you, to protect you,' and 'On their hands they will bear you up, so that you will not dash your foot against a stone.'" Jesus answered him, "It is said, '***Do not put the Lord your God to the test.***'" When the devil had finished every test, he departed from him until an opportune time.

Deuteronomy 8.1-3

This entire commandment that I command you today you must diligently observe, so that you may live and increase, and go in and occupy the land that the LORD promised on oath to your ancestors. Remember the long way that the LORD your God has led you these forty years in the wilderness, in order to humble you, testing you to know what was in your heart, whether or not you would keep his commandments. He humbled you by letting you hunger, then by feeding you with manna, with which neither you nor your ancestors were acquainted, in order to make you understand that one does not live by bread alone, but by every word that comes from the mouth of the LORD.

"Teaching something old is harder than teaching something new" (Hebrew Proverb).

The Pretzel

What does the lowly pretzel have to do with fasting?

40 Days

“If I have only banana for breakfast by 12:30, I am famished.”

“I have fasted a few times in my life. But the sad truth is that I haven’t felt closer to God, I have felt closer to Pizza and cheeseburgers and curry!”

The Lenten Season

Everyone who follows the way of Jesus will need to practice self-denial from time to time.

Fasting and the Lenten season go hand in hand.

Fasting, in Scripture was always about God and food.

It takes more than bread to keep you alive.

Jesus voluntarily enters the wilderness of hunger so as to demonstrate his absolute dependence upon and trust in God to sustain his life.

There is a certain mystery about fasting that I don’t quite understand.

According to Richard Foster fasting like not other discipline reveals the things that control us.

The Season of Blessed Subtraction

The Truth about Everything