

## **The Plate of Obedience**

*Rev. Jonathan White*

**Text: John 4:27-38**

---

**Introduction: Jesus' desire to please His Father was greater than His desire for food. Would we trade physical bread for the Bread of Life, Jesus?**

---

**Fasting is** \_\_\_\_\_.

**Fasting is** \_\_\_\_\_.

**Fasting is** \_\_\_\_\_.

### **Here is what we can know for sure about fasting:**

- Jesus expected that Christians would fast as both a spiritual discipline and to gain power in prayer.
- Fasting isn't a "Law Thing," but is a "Spirit Thing."
- Biblical fasting is always connected to prayer.  
Increased power in prayer is the primary benefit of fasting.
- A great secondary benefit of fasting is an increased ability to resist temptation. Anything that increases our true righteousness increases our power in prayer, because "the effectual, fervent prayer of a righteous man availeth much."

· Fasting puts the flesh in its proper place as servant to the spirit, rather than as the ruler of our being.

· Jesus' 40 day fast was not the norm of Biblical fasting and was enabled by special divine protection and provision (Kids, don't try this at home!).

---

**Some of you will be tempted to think that fasting isn't \_\_\_\_\_ and is only for spiritual \_\_\_\_\_.**

---

**Conclusion:** Fasting is a trust thing. We may not be able to completely understand it, but we can still choose to trust God and to demonstrate our obedience through fasting. Your empty plate symbolizes your desire and willingness to trade physical bread for the Bread of Life. Please write your commitment on your plate, and then sign it. It's magnetized so you can put it on your refrigerator as a visible reminder. Please plan to join us Thursday evening at 6:30 pm for a powerful time of consecration, communion, and prayer!