



# Fasting & Self-Denial

Pastor Bryan Keith Dugger - 03/17/2019

## I. Moderation

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## II. Perfect Restraint

Luke 4:1-13

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## III. Living In Denial

Matthew 16:24; 1st Corinthians 9:27

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## IV. Toward Contentment

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## Personal Reflection

Take time this week to pray & respond to the following:

*The impulse toward self-satisfaction and self-indulgence is an ever-present reality of human life. In this land of plenty, you are never far from pleasures and products which promise lasting happiness but leave you wanting more. For a follower of Jesus Christ, this kind of temptation is especially dangerous because it threatens to stall the work of maturity and spiritual formation that God is consistently wanting to work in and through you.*

*The spiritual disciplines of fasting and self-denial are invaluable weapons in the war against selfish ambition and reckless desire. Fasting and self-denial teach control. They give an individual the opportunity to willfully subordinate certain needs & wants in favor of other, often more important matters. The exercise of these disciplines fortifies the practitioner against the lie that experiencing loss or having less is always undesirable. Today more than ever, society needs self-controlled men and women who are working to temper passions with spiritual truth and sound reason.*

*What is your attitude when it comes to allowing loss and living with less? Have you ever intentionally engaged in an act of self-denial for the specific purposes of enhancing self-control and expediting spiritual formation? Are you invested in living in such a way that the Lord is free to reorder your priorities, remove obstacles and break dependency on anything that could be usurping His authority in your life?*

*Prayerfully ask the Lord to help you be mindful of the temptation to be ruled by passions rather than truth. Confess to Him that your hunger for more is oftentimes at odds with His call for you to be satisfied with less. Ask Him to help you be more intentional about learning self-control and self-discipline, even if means greater sacrifice.*