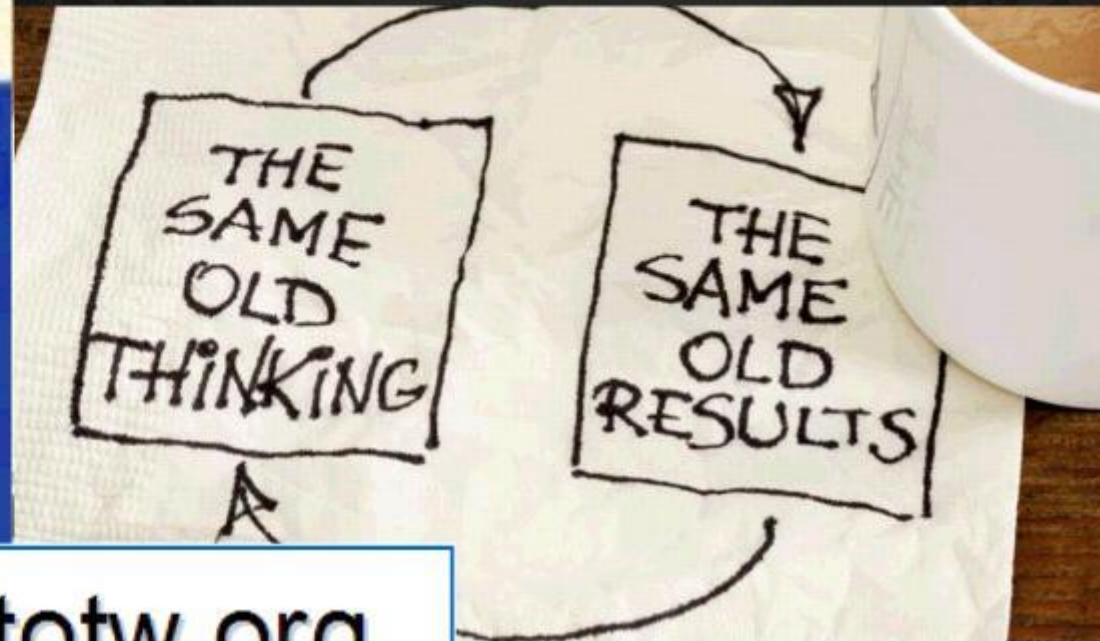


Think BIBLICALLY




RENEW
your mind
Romans 12:2



www.totw.org



Church of God at Woodstock

Truth On The Web Ministries
Eph 6:17  WWW.TRUTHONTHEWEB.ORG And take..the sword of the spirit, which is the word of God.



REVIVING YOUR CHRISTIAN FAITH



WHEN YOU
FAST

Some Food For Thought

www.totw.org

FASTING



Fasting as an Act of Worship

Luke 2:36-37 There was one Anna, a prophetess, the daughter of Phanuel, of the tribe of Asher (she was of a great age, having lived with a husband seven years from her virginity, and she had been a widow for about eighty-four years), who didn't depart from the temple, **worshipping with fastings and petitions night and day.**

Seeking His Face

Jonah 3:5-7 So the people of Nineveh believed God, and proclaimed a fast [*tsom*], and put on sackcloth, from the greatest of them even to the least of them. For word came unto the king of Nineveh, and he arose from his throne, and he laid his robe from him, and covered him with sackcloth, and sat in ashes. And he caused it to be proclaimed and published through Nineveh by the decree of the king and his nobles, saying, **Let neither man nor beast, herd nor flock, taste any thing: let them not feed, nor drink water:**

Seeking His Face

Jonah 3:8-10 But let man and beast be covered with sackcloth, and **cry mightily unto God**: yea, let them turn every one from his evil way, and from the violence that is in their hands. Who can tell if God will turn and relent, and turn away from His fierce anger, that we perish not? And God saw their works, that they turned from their evil way; and God relented of the evil, that He had said that He would do unto them; and He did it not.

Seeking His Face

Acts 10:30-31 Cornelius said, "Four days ago, **I was fasting** until this hour, and at the ninth hour, **I prayed** in my house, and behold, a man stood before me in bright clothing, and said, 'Cornelius, your prayer is heard, and your gifts to the needy are remembered in the sight of God.

Seeking His Face

Acts 13:1-3 Now in the assembly that was at Antioch there were some prophets and teachers: Barnabas, Simeon who was called Niger, Lucius of Cyrene, Manaen the foster brother of Herod the tetrarch, and Saul. **As they served the Lord and fasted**, the Holy Spirit said, "Separate Barnabas and Saul for me, for the work to which I have called them." Then, **when they had fasted and prayed** and laid their hands on them, they sent them away.

Seeking His Face

Acts 14:23 When they had appointed elders for them in every assembly, and had **prayed with fasting**, they commended them to the Lord, on whom they had believed.

Day of Atonement Afflicting Your Soul

Leviticus 23:27-29 Also on the tenth day of this seventh month there shall be a day of atonement: it shall be an holy convocation unto you; and **ye shall afflict your souls**, and offer an offering made by fire unto the LORD. And ye shall do no work in that same day: for it is a day of atonement, to make an atonement for you before the LORD your God. **For whatsoever soul it be that shall not be afflicted in that same day, he shall be cut off** from among his people.

Day of Atonement Afflicting Your Soul

Leviticus 23:30-32 And whatsoever soul it be that doeth any work in that same day, the same soul will I destroy from among his people. Ye shall do no manner of work: it shall be a statute for ever throughout your generations in all your dwellings. It shall be unto you a Sabbath of rest, and **ye shall afflict your souls**: in the ninth day of the month at even, from even unto even, shall ye celebrate your Sabbath.

Afflicting Your Soul

`anah nephesh

Leviticus 16:29 And this shall be a statute for ever unto you: that in the seventh month, on the tenth day of the month, ye shall **afflict your souls**, and do no work at all, whether it be one of your own country, or a stranger that sojourneth among you:

Numbers 29:7 And ye shall have on the tenth day of this seventh month an holy convocation; and ye shall **afflict your souls**: ye shall not do any work therein:

AFFLICTION - 'anah

Genesis 15:13 And he said unto Abram, Know of a surety that thy seed shall be a stranger in a land that is not theirs, and shall serve them; and they shall **afflict** them four hundred years;

Exodus 1:12 But **the more they afflicted** them, the more they multiplied and grew. And they were grieved because of the children of Israel.

Genesis 16:6 But Abram said unto Sarai, Behold, thy maid is in thy hand; do to her as it pleaseth thee. And when Sarai **dealt hardly with** her, she fled from her face.

Genesis 16:9 And the angel of the LORD said unto her, Return to thy mistress, **and submit** thyself under her hands.

'*anah*

Exodus 10:3 And Moses and Aaron came in unto Pharaoh, and said unto him, Thus saith the LORD God of the Hebrews, How long wilt thou refuse **to humble** thyself before me? let my people go, that they may serve me.

Deuteronomy 8:3 And He humbled thee, and suffered thee to hunger, and fed thee with manna, which thou knewest not, neither did thy fathers know; that He might make thee know that man doth not live by bread only, but by every word that proceedeth out of the mouth of the LORD doth man live.

'*anah*

Psalms 119:67 Before I was **afflicted** I went astray: but now have I kept Thy word.

Psalms 119:71 It is good for me that I have been **afflicted**; that I might learn Thy statutes.

Ecclesiastes 1:13 And I gave my heart to seek and search out by wisdom concerning all things that are done under heaven: this sore travail hath God given to the sons of man **to be exercised** therewith.

Ecclesiastes 3:10 I have seen the travail, which God hath given to the sons of men **to be exercised** in it.

'*anah*

Isaiah 58:3-5 Wherefore have we fasted, say they, and thou seest not? wherefore have we **afflicted our soul**, and thou takest no knowledge? Behold, in the day of your fast ye find pleasure, and exact all your labours. Behold, ye fast for strife and debate, and to smite with the fist of wickedness: ye shall not fast as ye do this day, to make your voice to be heard on high. Is it such a fast that I have chosen? a day for a man to **afflict his soul**? is it to bow down his head as a bulrush, and to spread sackcloth and ashes under him? wilt thou call this a fast, and an acceptable day to the LORD?

Isaiah 58:10 And if thou draw out thy soul to the hungry, and satisfy the **afflicted soul**; then shall thy light rise in obscurity, and thy darkness be as the noonday:

'*anah*

Ezra 8:21-23 Then I proclaimed a fast [*tsom*] there, at the river of Ahava, that we might **afflict ourselves** before our God, to seek of Him a right way for us, and for our little ones, and for all our substance. For I was ashamed to require of the king a band of soldiers and horsemen to help us against the enemy in the way: because we had spoken unto the king, saying, The hand of our God is upon all them for good that seek Him; but His power and His wrath is against all them that forsake Him. So we fasted and besought our God for this: and He was intreated of us.

'anah nephesh

Psalms 35:13 But as for me, when they were sick, my clothing was sackcloth: I humbled my soul with fasting; and my prayer returned into mine own bosom.

Proverbs 23:2 Put a knife to your throat, If you are a man given to appetite [*nephesh*].

Curbing Your Appetites

1 Corinthians 7:3-5 Let the husband render to his wife the affection owed her, and likewise also the wife to her husband. The wife doesn't have authority over her own body, but the husband. Likewise also the husband doesn't have authority over his own body, but the wife. Don't deprive one another, unless it is by consent for a season, **that you may give yourselves to fasting and prayer**, and may be together again, that Satan doesn't tempt you because of your lack of self-control.

WHEN You Fast

Matthew 6:16-18 "Moreover **when you fast**, don't be like the hypocrites, with sad faces. For they disfigure their faces, that they may be seen by men to be fasting. Most assuredly I tell you, they have received their reward. But you, **when you fast**, anoint your head, and wash your face; so that you are not seen by men to be fasting, but by your Father who is in secret, and your Father, who sees in secret, will reward you.

They WILL Fast

Matthew 9:14-15 Then John's disciples came to him, saying, "Why do we and the Pharisees fast often, but your disciples don't fast?" Jesus said to them, "Can the friends of the bridegroom mourn, as long as the bridegroom is with them? But the days will come when the bridegroom will be taken away from them, and then **they will fast.**

Fasting As a Faithbuilder

Matthew 17:14-21 When they came to the multitude, a man came to Him, kneeling down to him, saying, "Lord, have mercy on my son, for he is epileptic, and suffers grievously; for he often falls into the fire, and often into the water. So I brought him to Your disciples, and they could not cure him." Jesus answered, "Faithless and perverse generation! How long will I be with you? How long will I bear with you? Bring him here to me." Jesus rebuked him, the demon went out of him, and the boy was cured from that hour. Then the disciples came to Jesus privately, and said, "Why weren't we able to cast it out?" He said to them, "Because of your unbelief. For most assuredly I tell you, if you have faith as a grain of mustard seed, you will tell this mountain, 'Move from here to there,' and it will move; and nothing will be impossible for you. But this kind doesn't go out except by prayer and fasting."

Hungry

BLESSED ARE THOSE WHO I WANT TO KNOW
HUNGER AND THIRST FOR CHRIST
RIGHTEOUSNESS EAGERLY I SEEK YOU; MY SOUL THIRSTS FOR YOU
GOD IS THE STRENGTH OF MY HEART AND MY PORTION FOREVER
AS THE DEER PANTS FOR STREAMS OF WATER SO MY SOUL PANTS FOR YOU
FOR HE SATISFIES THE **THIRSTY** AND FILLS THE **HUNGRY**
MY SOUL MY SOUL FAINTS WITH LONGING WITH GOOD THINGS
THIRSTS FOR YOU FOR YOUR SALVATION I AM THE BREAD OF LIFE



Jesus said to them, “I am the bread of life. He who comes to Me will not be hungry, and he who believes in Me will never be thirsty.”

John 6:35



...Jesus stood and cried, saying, "If any man thirst, let him come unto Me, and drink...whoever drinks of the water that I will give him will never thirst again; but the water that I will give him will become in him a well of water springing up to eternal life."

John 7:37, 4:14





Psalms 42:1-2 << A contemplation by the sons of Korah.>>
As the deer pants for the water brooks, So
my soul pants after You, God. My soul
thirsts for God, for the living God. When
shall I come and appear before God?

Isaiah 26:8-9 Yea, in the way of Thy judgments, O LORD, have we waited for Thee; the **desire of our soul** is to Thy name, and to the remembrance of Thee. **With my soul have I desired Thee** in the night; yea, with my spirit within me will I seek Thee early: for when Thy judgments are in the earth, the inhabitants of the world will learn righteousness.

Psalms 63:1-6 <<A Psalm by David, when he was in the desert of Judah.>> God, you are my God. I will earnestly seek You. My soul thirsts for You, My flesh longs for You, In a dry and weary land, where there is no water. So I have seen You in the sanctuary, Watching Your power and Your glory. Because Your loving kindness is better than life, My lips shall praise You. So I will bless You while I live. I will lift up my hands in Your name. My soul shall be satisfied as with the richest food. My mouth shall praise You with joyful lips, when I remember You on my bed, And think about You in the night watches.

Hungering?

"To be hungry is not enough; I must be really starving to know what is in His heart towards me. When the prodigal son was hungry, he went to feed upon husks, but when he was starving, he turned to his father"

J.N. Darby

Got Hunger Pangs? Thirsty?



"Blessed are those who hunger and thirst after righteousness, For they shall be filled."

Matthew 5:6



RIGHTEOUSNESS

- 1. MORALLY UPRIGHT; WITHOUT GUILT OR SIN:**
- 2. IN ACCORDANCE WITH VIRTUE OR MORALITY:**
- 3. MORALLY JUSTIFIABLE**
- 4. CHRIST LIKENESS**

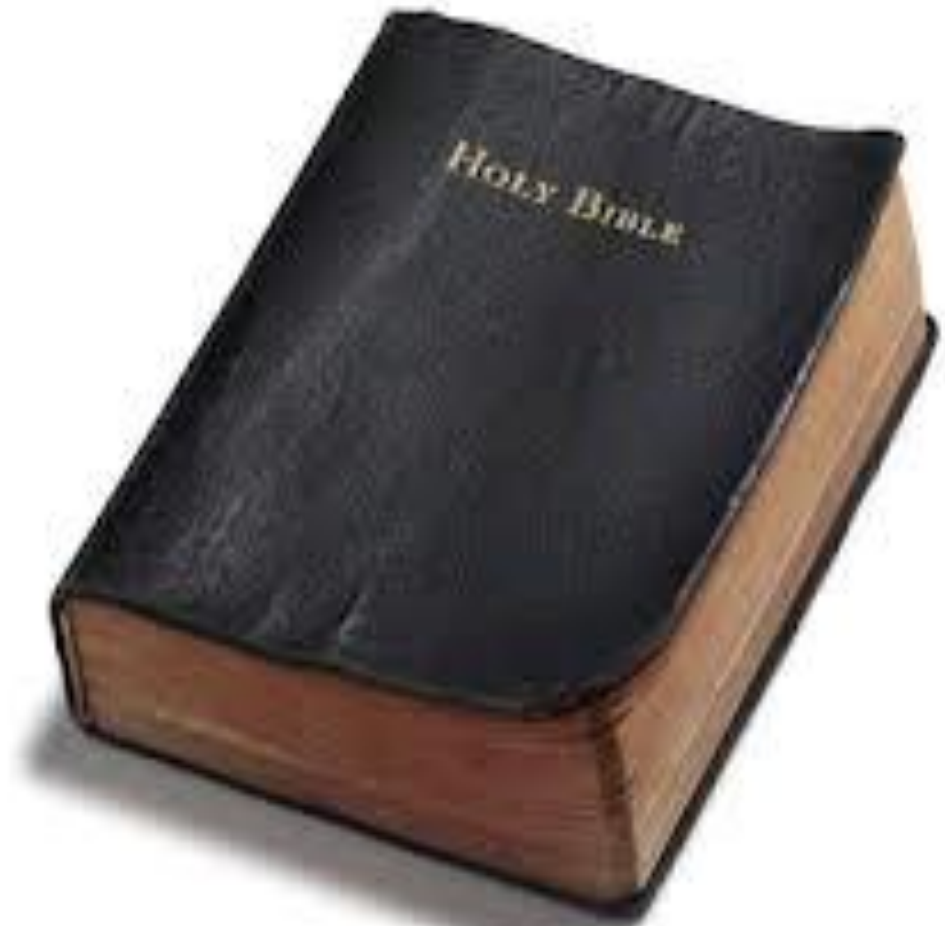
NOTE: RIGHTEOUSNESS, AS USED IN SCRIPTURE AND THEOLOGY, IN WHICH IT CHEFELY OCCURS, IS NEARLY EQUIVALENT TO HOLINESS, COMPREHENDING HOLY PRINCIPLES AND AFFECTIONS OF HEART, AND CONFORMITY OF LIFE TO THE DIVINE LAW. WEBSTER 1913

Hunger and thirst for righteousness



You can tell someone's appetite by their portion





As newborn babes, desire the sincere milk of the word, that ye may grow thereby: If so be ye have tasted that the Lord is gracious.

1 Peter 2:2-3



9 When they had sailed, the king, they departed and in the way when they were in the east, went before them all a time and stood over where the young child was.

10 When they saw the star, they rejoiced with exceeding great joy.

11 And when they were come into the house, they saw the young child with his mother, and fell down, and worshipped him: and when they had opened their treasures, they presented unto him gifts of gold, and frankincense, and myrrh.

12 And being warned of God in a dream that they should not return to Herod, they departed into their own country another way.

The Flight to Egypt

13 And when they were departed, behold the angel of the Lord appeareth to Joseph in a dream, saying, Arise, and take the young child and his mother, and flee into Egypt, and be thou there until I bring thee word: for Herod will seek the young child to destroy him.

14 When he arose, he took the young child and his mother by night, and departed into Egypt: and was there until the death of Herod: that might be fulfilled which was spoken of the Lord by the prophet, saying, Out of Egypt have I called my son.

16 Then Herod, when he saw that he was deceived of the wise men, was exceedingly wroth, and slew all the children of Bethlehem and all the villages thereof, from two years old and under according to the time which he had diligently enquired of the wise men.

17 Then was fulfilled that which was spoken by Joel the prophet, saying, In that day will I raise up the young child, and weeping, and great mourning, he shall weep for his children, whom he would not comfort, because they are not.

The Return to Nazareth

18 But when Herod was dead, behold an angel of the Lord appeareth to Joseph in Egypt,

20 Saying, Arise, and take the young child and his mother, and go into the land of Israel: for they are now slain, which sought the young child's life.

21 And he arose, and took the young child and his mother, and came into the land of Israel.

22 But when he heard that Archelaus did reign in Judaea, he was afraid to go thither: recollecting, being warned of God, in

a dream, he turned aside into the parts of Galilee.

23 And he came and dwelt in a city called Nazareth: that it might be fulfilled which was spoken by the prophets, He shall be called a Nazarene.

John the Baptist's Ministry

2 In those days came John the Baptist, preaching in the wilderness of Judaea.

2 And saying, Repent ye for the kingdom of heaven is at hand.

3 For this is he that was spoken of by the prophet, I saw you saying, The voice of saying in the wilderness, Prepare ye the way of the Lord, make his paths straight.

4 And the same John had his counsel about Jerusalem: and a certain temple about Jerusalem: till his time: was temple and wilderness.

5 Then went out into Jordan to him, and all Jerusalem, and all the region round about Jordan.

6 And were baptized of him in Jordan, confessing their sins.

7 But when he saw many of the Pharisees and Sadducees come to his baptism, he said unto them, O generation of vipers, who both warrant you to live free from the wrath to come?

8 Bring forth therefore fruits meet for penitence.

9 And think not to say within yourselves, We have Abraham to our father: for I say unto you, that God is able to make of these stones to raise up children unto Abraham.

10 And now also, the axe is laid unto the root of the trees: therefore every tree which bringeth not forth good fruit is cut down, and cast into the fire.

11 I indeed baptize you with water unto repentance: but he that cometh after me is mightier than I, whose shoes I am not worthy to bear: he shall baptize you with the Holy Ghost, and with fire.

12 Whosoever is in his heart, and he will thoughtfully purge his floor: and gather his wheat into the garner, but he will burn up the chaff with unquenchable fire.

The Baptism of the Beloved Son

13 Then cometh Jesus from Galilee to Jordan unto John, to be baptized of him.

14 But John forbad him, saying, I have need to be baptized of thee, and thou comest thou to me?

15 And Jesus answering said unto him, Suffer it to be so now: for thus becometh it us to fulfill all righteousness. Then he suffered him to be baptized.

16 And as he was thus baptized, and was standing up, he saw the heavens opened, and the Spirit descending upon him, and lighting upon him.

17 And a voice from heaven, saying, This is my beloved Son, in whom I am well pleased.

the heavens were opened unto him, and he saw the Spirit of God descending like a dove, and lighting upon him:

18 And a voice from heaven, saying, This is my beloved Son, in whom I am well pleased.

The Three Temptations of Jesus

1 Then was Jesus led up of the spirit into the wilderness to be tempted of the devil.

2 And when he had fasted forty days and forty nights, he was afterward so hungry, that he was able to say, I am the Son of God, command these stones to be made bread.

3 But he answered and said, It is written, Man shall not live by bread alone, but by every word that proceedeth out of the mouth of God.

4 Then the devil leaveth him up into the holy city, and setteth him on a pinnacle of the temple.

5 And saith unto him, If thou be the Son of God, cast thyself down: for it is written, He shall give his angels charge concerning thee: and in their hands they shall bear thee up, lest at any time thou dash thy foot against a stone.

6 Jesus said unto him, It is written again, Thou shalt not tempt the Lord thy God.

7 Again, the devil leaveth him up unto an exceeding high mountain, and sheweth him all the kingdoms of the world, and the glory of them:

8 And saith unto him, All these things will I give thee, if thou wilt fall down and worship me.

9 Jesus saith, It was said unto him, Thou shalt worship the Lord thy God, and him only shalt thou serve.

10 Then the devil leaveth him, and behold angels came and ministered unto him.

The Preaching Ministry of Jesus

11 Now when he had heard that John was cast into prison, he departed into Galilee.

12 And leaving Nazareth, he came and dwelt in Capernaum, which is upon the sea coast, in the borders of Zabulon and Nephthali.

13 That it might be fulfilled which was spoken by the prophet, saying,

14 The land of Zabulon, and the land of Nephthali, by the way of the sea, beyond Jordan, Galilee of the Gentiles.

15 The people which sat in darkness saw great light: and to them which sat in the region and shadow of death light is sprung up.

27 From that time Jesus began to preach, and to say, Repent, for the kingdom of heaven is at hand.

The Calling of the First Four Disciples

18 And Jesus, walking by the sea of Galilee, saw two brethren, Simon called Peter, and Andrew his brother, casting a net into the sea: for they were fishes.

20 And he saith unto them, Follow me, and I will make you fishers of men.

21 And they straightway left their nets, and followed him.

22 And going on from thence, he saw other two brethren, James the son of Zebedee, and John his brother, in a ship with Zebedee their father, mending their nets: and he called them.

23 And they immediately left the ship and their father, and followed him.

The Healing Ministry of Jesus

24 And in the next day he went about Galilee, teaching in their synagogues, and preaching the gospel of the kingdom, and healing all manner of sickness and all manner of disease among the people.

26 And his fame went throughout all Judaea: and they brought unto him all sick people that were taken with divers diseases and torments, and those which were possessed with devils, and those which were lame, and those that had the palsy, and he healed them.

28 And there followed him great multitudes of people from Galilee, and from Decapolis, and from Jerusalem, and from Judaea, and from beyond Jordan.

The Breadstaves

5 And seeing the multitudes, he went up into a mountain, and when he was sat, his disciples came unto him.

2 And he opened his mouth, and taught them, saying,

3 Blessed are the poor in spirit: for theirs is the kingdom of heaven.

4 Blessed are they that mourn: for they shall be comforted.

5 Blessed are they which do hunger and thirst after righteousness: for they shall be filled.

6 Blessed are they which are persecuted for my sake: for they shall have the kingdom of heaven.

7 Blessed are ye that weep now, for ye shall laugh.

8 Blessed are ye that are hated now, for ye shall be loved.

9 Blessed are ye that are despised now, for ye shall be honored.

10 Blessed are ye that weep now, for ye shall laugh.

11 Blessed are ye that are hated now, for ye shall be loved.

12 Blessed are ye that are despised now, for ye shall be honored.

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25 Blessed are ye that weep now, for ye shall laugh.

26 Blessed are ye that are hated now, for ye shall be loved.

27 Blessed are ye that are despised now, for ye shall be honored.



Got Hunger Pangs? Thirsty?



“I have food to eat that you don't know about...My food is to do the will of Him who sent Me, and to accomplish His work.”

John 4:32,34



My food is to do the work of God



Proverbs 16:26 The appetite of laborers works for them; their hunger drives them on

The Father's Business

Luke 2:49 And He said unto them, How is it that you sought Me? **Did you not know that I must be about My Father's business?**

Work of God

Matthew 25:34-36 Then shall the King say unto them on His right hand, Come, you blessed of My Father, inherit the kingdom prepared for you from the foundation of the world: For I was hungry, and you gave Me food: I was thirsty, and you gave Me drink: I was a stranger, and you took Me in: Naked, and you clothed Me: I was sick, and you visited Me: I was in prison, and you came unto Me.

Fasting As a Self-Chosen Trial



James 1:2-4 Count it all joy, my brothers when you fall into various temptations, knowing that the testing of your faith produces endurance. Let endurance have its perfect work, that you may be perfect and complete, lacking in nothing.

Romans 5:3-5 Not only this, but we also rejoice in our sufferings, knowing that suffering works perseverance; and perseverance, proven character; and proven character, hope: and hope doesn't disappoint us, because God's love has been poured out into our hearts through the Holy Spirit who was given to us.

2 Corinthians 12:9-10 He has said to me, "My grace is sufficient for you, for my power is made perfect in weakness." Most gladly therefore I will rather glory in my weaknesses, that the power of Christ may rest on me. Therefore I take pleasure in weaknesses, in injuries, in necessities, in persecutions, in distresses, for Christ's sake. For when I am weak, then am I strong.

Hebrews 12:11 Now no chastening for the present seemeth to be joyous, but grievous: nevertheless afterward it yieldeth the peaceable fruit of righteousness unto them which are exercised thereby.

'anah

Psalms 119:67 Before I was **afflicted** I went astray: but now have I kept Thy word.

Psalms 119:71 It is good for me that I have been **afflicted**; that I might learn Thy statutes.

Ecclesiastes 1:13 And I gave my heart to seek and search out by wisdom concerning all things that are done under heaven: this sore travail hath God given to the sons of man **to be exercised** therewith.

Ecclesiastes 3:10 I have seen the travail, which God hath given to the sons of men **to be exercised** in it.

The effect has been to recall me from my wanderings, and to turn me to paths of duty and holiness. This is an effect often - very often - experienced; this is language which can be used by many a child of God. Of those who are the children of God it may be said that they are "always" benefited "sooner" or "later" by afflictions. It may not be at the time of the affliction (compare Heb 12:11), but the "ultimate" effect is in all cases to benefit them. Some error is corrected; some evil habit changed; some mode of life not consistent with religion is forsaken; pride is humbled; the heart is quickened in duty; habits of prayer are resumed or formed; the affections are fixed on a better world; the soul is made more gentle, calm, humble, spiritual, pure. Afflictions are among the most precious means of grace. They are entirely under the direction of God. They may be endlessly varied, and adapted to the case of every individual.



CURBING OUR APPETITES

Philippians 3:19 whose end is destruction, whose god is the belly, and whose glory is in their shame, who think about earthly things.

Proverbs 23:2 Put a knife to your throat, If you are a man given to appetite [*nephesh*].

Matthew 5:29 If your right eye causes you to stumble, pluck it out and throw it away from you. For it is more profitable for you that one of your members should perish, than for your whole body to be cast into Gehenna.

Matthew 18:8 If your hand or your foot causes you to stumble, cut it off, and cast it from you. It is better for you to enter into life maimed or crippled, rather than having two hands or two feet to be cast into the eternal fire.

James 1:13-16 Let no man say when he is tempted, "I am tempted by God," for God can't be tempted by evil, and he himself tempts no one. But each one is tempted, when he is drawn away by his own lust, and enticed. Then the lust, when it has conceived, bears sin; and the sin, when it is full grown, brings forth death. Don't be deceived, my beloved brothers.

Biblical Thinking

“We are taking every thought captive to the obedience of Christ” (2 Corinthians 10:5).



Can you go 5 seconds without sinning?



Does the body need food and drink to survive?

Does the body need food and drink to survive?

Does the body need to sin to survive?

Sufficient unto the Day

Matthew 6:33-34 ...seek ye first the kingdom of God, and His righteousness; and all these things shall be added unto you. Take therefore no thought for the morrow: for the morrow shall take thought for the things of itself. Sufficient unto the day is the evil thereof.

Matthew 16:21-24 From that time, Jesus began to show His disciples that He must go to Jerusalem and suffer many things from the elders, chief priests, and scribes, and be killed, and the third day be raised up. Peter took Him aside, and began to rebuke Him, saying, "Far be it from You, Lord! This will never be done to You." But He turned, and said to Peter, "Get behind Me, Satan! You are a stumbling block to Me, for you are not setting your mind on the things of God, but on the things of men." Then Jesus said to His disciples, "If anyone desires to come after Me, let him deny himself, and take up his cross, and follow Me.

“Fasting helps us to express, to deepen, and to confirm the resolution that we are ready to sacrifice anything, even ourselves, to attain the Kingdom of God.”

Andrew Murray

Romans 6:6 knowing this, that our old man was crucified with him, that the body of sin might be done away with, so that we would no longer be in bondage to sin.

Colossians 3:5 Put to death therefore your members which are on the earth: sexual immorality, uncleanness, depraved passion, evil desire, and covetousness, which is idolatry;

Romans 8:5-8 For those who live according to the flesh **set their minds** on the things of the flesh, but those who live according to the Spirit, the things of the Spirit. For the mind of the flesh is death, but the mind of the Spirit is life and peace; because the mind of the flesh is hostile towards God; for it is not subject to God's law, neither indeed can it be. Those who are in the flesh can't please God.

Romans 8:12-13 So then, brothers, we are debtors, not to the flesh, to live after the flesh. For if you live after the flesh, you must die; but if by the Spirit you put to death the deeds of the body, you will live.

Romans 13:13-14 Let us walk properly, as in the day; not in reveling and drunkenness, not in sexual promiscuity and lustful acts, and not in strife and jealousy. But put on the Lord Jesus Christ, and make no provision for the flesh, for its lusts.

Galatians 5:16-17 But I say, walk by the Spirit, and you won't fulfill the lust of the flesh. For the flesh lusts against the Spirit, and the Spirit against the flesh; and these are contrary to one another, that you may not do the things that you desire.

Galatians 5:24 Those who belong to Christ have crucified the flesh with its passions and lusts.

1 Peter 4:1-3 Forasmuch then as Christ suffered for us in the flesh, arm yourselves also with the same mind; for he who has suffered in the flesh has ceased from sin; that you no longer should live the rest of your time in the flesh for the lusts of men, but for the will of God. For we have spent enough of our past time doing the desire of the Gentiles, and having walked in lewdness, lusts, drunken binges, orgies, carousings, and abominable idolatries.

2 Corinthians 6:1-6 We then, *as* workers together *with him*, beseech *you* also that ye receive not the grace of God in vain. (For he saith, I have heard thee in a time accepted, and in the day of salvation have I succoured thee: behold, now *is* the accepted time; behold, now *is* the day of salvation.) Giving no offence in any thing, that the ministry be not blamed: But in all *things* approving ourselves as the ministers of God, in much patience, in afflictions, in necessities, in distresses, In stripes, in imprisonments, in tumults, in labours, in watchings, in fastings; By pureness, by knowledge, by longsuffering, by kindness, by the Holy Ghost, by love unfeigned,

Matthew 26:41 Watch and pray, that you don't enter into temptation. The spirit indeed is willing, but the flesh is weak.

Mark 14:38 Watch ye and pray, lest ye enter into temptation. The spirit truly is ready, but the flesh is weak.

1 John 2:16-17 For all that is in the world, the lust of the flesh, the lust of the eyes, and the pride of life, isn't the Father's, but is the world's. The world is passing away with its lusts, but he who does God's will remains forever.

- What are you hungry for?
- Are you hungering for righteousness? Are you hungering for a world that knows Christ's love?
- Where do you need to curb appetite so that you may hunger more deeply for the Kingdom of God?

Hunger for Righteousness!

**HAPPY SABBATH
DAY!**

KEEP IT HOLY!

**HAPPY SABBATH
DAY!**

**KEEP IT
WHOLLY!**

**HAPPY SABBATH
DAY!**

KEEP IT HOLY!

**HAPPY SABBATH
DAY!**

*Sabbath4CoGs
Chatroom*

**Thy
Word
is
Truth**

John 17:17



Truth On The Web Ministries



Eph 6:17

And take..the sword of the
spirit, which is the word of God.



THANK YOU!!

Church of God at Woodstock