

STUDY NOTES FROM KAREN HOERDEL'S "FASTING" TEACHING SERIES

FOOD FOR THOUGHT ON FASTING

1. Genesis 3:17 - sorrow, curse

When food abstention begins, the elimination of the sorrow connected to the food also begins. One is no longer eating of something under the curse, but is opening up new ways through which the Holy Spirit can feed us with the Heavenly Manna.

2. Deuteronomy 8:3 = Word = Bread (Matthew 4:4)
3. Job 23:12 - food
4. Psalm 78:18-30 (Numbers 11) - lust for meat
5. Psalm 107:8-9 - fills the hungry soul
6. Psalm 119:103 - dessert
7. Proverbs 16:24 - sweetness and health
8. Proverbs 23:1-8 - deceitful meat
9. Proverbs 24:13-14 - God's wisdom = honey
10. Isaiah 55:1-3 - food for life
11. Jeremiah 15:16 - eat the Word
12. Amos 8:11-15 - famine of the Word (STORE UP FOR FAMINE!)
13. Matthew 5:6 - hunger for righteousness
14. Luke 12:23 - life is more than meat
15. Luke 21:34-35 - surfeiting is a snare
16. John 4:14,32,34 - true water and meat
17. John 6:27, 32-25, 47-58 - partake of Jesus
18. John 7:37 - power of the Holy Spirit
19. Romans 12:1-2 - renewing your mind
20. Romans 14:17 - Kingdom of God
21. Romans 16:17-18 - prevents divisions
22. I Corinthians 6:13, 19-20 - sanctify your body
23. I Corinthians 9:27 - crucify your flesh
24. I Corinthians 10:1-4, 16-17, 21,31
25. Galatians 5:24; 6:7-8 - sow to the Spirit
26. Philippians 3:18-19 - the belly
27. Hebrews 12:16 - Esau = fleshly meat
28. I Peter 2:1-3 - milk

"Oh taste and see that the Lord is good: blessed is the man that trusteth in Him."

Psalm 34:8

Let us ***change our menu*** from natural food to the Manna from above.
To go on a fast is to feast on spiritual experiences to be had from God.
Give your stomach a vacation and vacate from the natural to the Spiritual.

In fasting:

The ***richer food*** of the Word of God becomes a greater reality and the very God of Heaven comes within our reach.