

**Daniel 10:2-3 New International
Version (NIV)**

² At that time I, Daniel, mourned for three weeks. ³ I ate no choice food; no meat or wine touched my lips; and I used no lotions at all until the three weeks were over.

Philippians 3:19 (NIV)

¹⁹their god is their stomach and whose glory is in their shame— who set their mind on earthly things”



**SUNDAY
OCTOBER 12, 2024**

**Pastor
William J. Lindsey, D.Min.**

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Watching Our Bellies

“Part 2 of 3 from the series

“Not Until After 21 Days.”

Pastor William J. Lindsey, D.Min

Philippians 3:18-20 New International Version (NIV)

¹⁸ For, as I have often told you before and now tell you again even with tears, many live as enemies of the cross of Christ. ¹⁹ Their destiny is destruction, their god is their stomach, and their glory is in their shame. Their mind is set on earthly things. ²⁰ But our citizenship is in heaven.

Appetite: the desire to

Genesis 3:6 (NIV)

⁶ When the woman saw that the fruit of the tree was good for food and pleasing to the eye, and also desirable for gaining wisdom, she took some and ate it.

Genesis 9:20-21 (NIV)

²⁰ Noah, a man of the soil, proceeded to plant a vineyard. ²¹ When he drank some of its wine, he became drunk and lay uncovered inside his tent.

Ephesians 5:18 New Living Translation

¹⁸ Don't be drunk with wine, because that will ruin your life. Instead, be filled with the Holy Spirit.

Matthew 4:1-4 The Temptation of Jesus (NIV)

¹ Then Jesus was led by the Spirit into the desert to be tempted by the devil. ²After fasting forty days and forty nights, he was hungry. ³ The tempter came to him and said, "If you are the Son of God, tell these stones to become bread." ⁴ Jesus answered, "It is written: "Man does not live on bread alone, but on every word that comes from the mouth of God."

The lower fleshly nature is controlled by the 5 sense of taste, smell, sight, feeling, and hearing.

Fasting controls our _____ fleshly nature

A fast is a conscious, intentional decision to abstain for a time from the pleasure of

eating in order to gain vital spiritual benefits.

“Unless you put prayer with your fasting, there is no need to fast.

Jentezen Franklin

Prayer connects us to God, while fasting disconnects us from world.

Will J. Lindsey

Galatians 5:16-17

¹⁶ So I say, walk by the Spirit, and you will not gratify the desires of the sinful nature. ¹⁷ For the sinful nature desires what is contrary to the Spirit, and the Spirit what is contrary to the sinful nature. They are in conflict with each other, so that you do not do what you want.

2 Chronicles 7:14 New International Version (NIV)

¹⁴ if my people, who are called by my name, will humble themselves and pray and seek my face and turn from their wicked ways, then I will hear from heaven, and I will forgive their sin and will heal their land.

If you're not fasting, you're full of yourself.

Mark Batterson