

## Backstory: A Question

### Fasting in the Hebrew Bible (old testament)

2 Samuel 12:16-18 | Esther 4:3 & 16 | Jonah 3:6-10

### Fasting in the days of Jesus.

Luke 18:9-14

### Fasting in the New Testament (new covenant)

Acts 9:9 | Acts 13:3 & 14:23 | Matthew 6:1 & 16-18

## The Answer to the Question.

Mark 2:18-22 | Luke 5:36-39

## What is my old wineskin?

Habit	<u>Judgment</u>
<u>Comfort.</u>	Ritual
<u>Control</u>	

## My new wineskin is:

Open	Receiving
<u>Pliable</u>	<u>Expanding</u>

## New wine:

<u>Freedom</u>	Insight
<u>Power (energy)</u>	purpose

## My Choice:

Old or new?  
Ridged or pliable?

## My Prayer for 2019

My Lord and Savior Jesus, thank you for your gift of grace to me. My soul hungers for you. I want to know you – not just intellectually, but relationally. I give you permission to tear down every false thought, every lie, and every stronghold the Enemy has established within me.

I will pursue my relationship with you with my whole heart. I will hold nothing back from you. I am open and willing to receive the good things you have planned for me.

I ask:

- Work your good in me so that I might reflect you more.
- Work your good for me so that I might receive all that you intend for me.
- Work your good through me so that all around me, people will experience your love and goodness and be drawn to you.

I am open and ready for all you will do in, for, and through me.  
I love you, Jesus.

Amen