

# the IRRELIGIOUS LIFE

experiencing the inside-out spirituality of Jesus

## Week 11: *FEEDING OUR SPIRITS*

Closer is He than breathing.

~ Alfred Tennyson

What we hunger for most, we worship.

~ John Piper

God's intent for each of us is that we should grow in character and ability to the point where he can empower us to do what we want to do. The work we must do now is to train our "wanter."

~ Dallas Willard

No horse gets anywhere until he is harnessed. No stream or gas ever drives anything until it is confined. No Niagara is ever turned into light and power until it is tunnelled. No life ever grows great until it is focused, dedicated, disciplined.

~ Harry Emerson Fosdick

When you are training soldiers in manoeuvres, you practice with blank ammunition because you would like them to have practices before meeting the real enemy. So we must practice in abstaining from pleasures which are not in themselves wicked. If you don't abstain from pleasure, you won't be good when the time comes along. It is purely a matter of practice.

~ C.S. Lewis

Most of our life is a gorging of one artificially inflamed appetite after another. Any alteration of this pattern for the sake of ministry is a fast – and one that would please God.

~ John Piper

Of fasting I say this: it is right to fast frequently in order to subdue and control the body.

~ Martin Luther

The Man who never fasts is no more in the way of heaven than the man who never prays.

~ John Wesley

Fasting is supposed to be the ordinary practice of the godly. It is only a *means*, however; if rested in as an *end*, it will be an abomination in the site of God.

~ Andrew Fuller

More than any other discipline, fasting reveals the things that control us.

~ Richard Foster

Experience fasting and you will love it.

~ Adalbert de Vogue

Prayer needs fasting for its full growth. Prayer is the one hand with which we grasp the invisible. Fasting is the other hand, the one with which we let go of the visible.

~ Andrew Murray

Do not work for food that spoils, but for food that endures to eternal life, which the Son of Man will give you.

~ Jesus