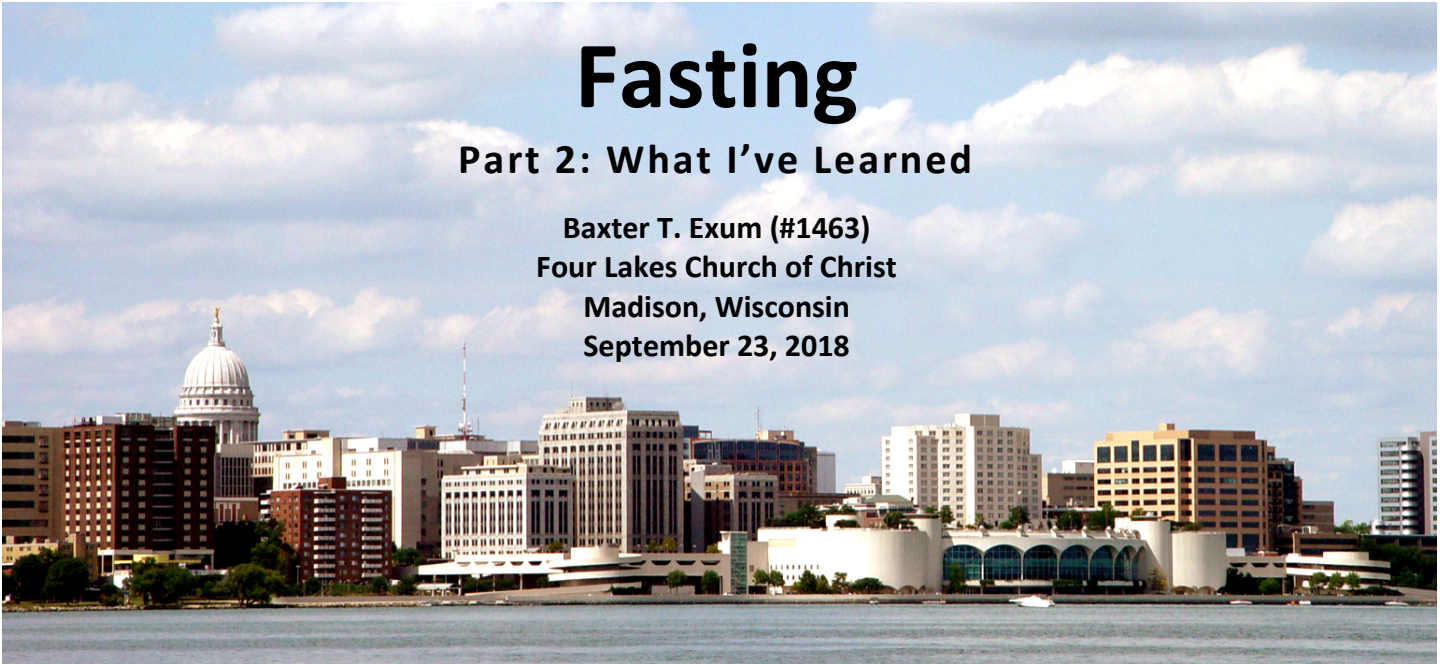


# Fasting

## Part 2: What I've Learned

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This morning I'd like for us to return to our study of FASTING. Last week, we basically looked at the Old and the New. We noticed that food has always been important to us spiritually, going all the way back to the Garden of Eden. We noticed that fasting doesn't show up in scripture until the time of Moses, and even then, it doesn't seem to be commanded. Instead, it is something the people do voluntarily for a wide variety of reasons - grief, calling out to God, mourning a loss in battle, or even expressing sorrow for sin. In the New Testament, we find that among others, Jesus fasted, and in Acts, we discovered that the early church prayed and fasted - as they sent out the very first missionaries and as they appointed elders. We learned that fasting is not commanded in the New Testament, it is voluntary, but there does seem to be some benefit to it (otherwise people would not have done it).

This morning I'd like for us to conclude this study by applying what we learned last week. This week is more of the, "So what?" question. What does all of this actually mean to us today? And as I alluded to last Sunday, I'd like to use today to share some lessons from personal experience: The positives, the dangers, and then some practical suggestions.

- I. **But I want us to start with the POSITIVES - What are some of the GOOD THINGS that we might be able to say about the practice of fasting? What are the BENEFITS?**

And I need to tell you that I've had some help with this. I started this journey just over a year ago, and several months ago I mentioned it to an anonymous Christian sister from another state who then tried it on her own. I had a chance to talk to her a few months ago, I told her I would be preaching on it in September, I told her that I had been keeping a list of positives and negatives in a note on my phone, I asked for her input, and she made some good suggestions. So, what I am about to share comes from both of us.

- A. **First of all, there can be some HEALTH BENEFITS.**

And I know that isn't what we've been talking about! As far as I know, living longer was not really a goal for those who fasted back in Bible times. As we noted last week, they fasted due to grief, and remorse, and to express their humility before God. However, we also know that God is concerned about our physical health,

and as we alluded to last week, science is constantly discovering some benefits to fasting from time to time, so that is why I mention this.

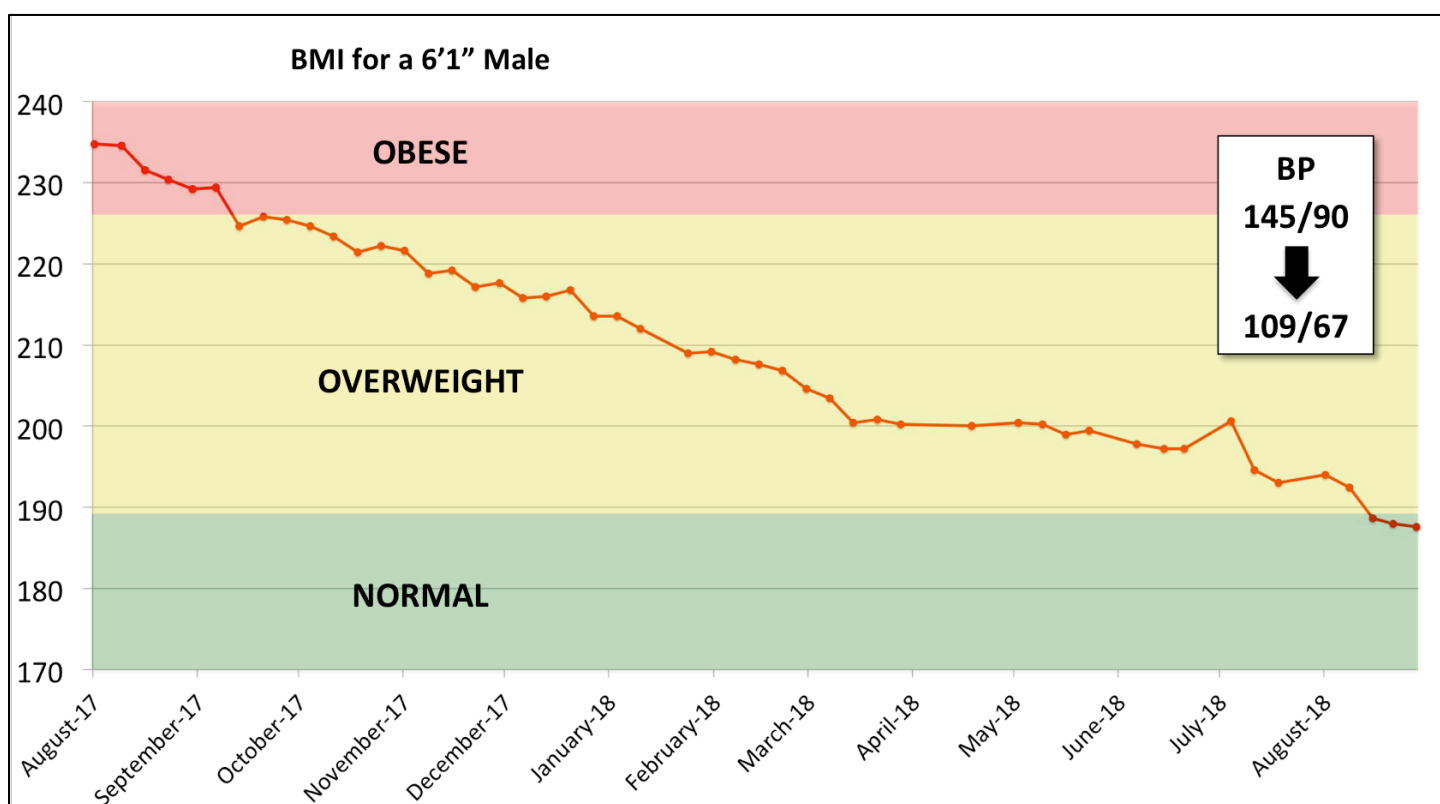
We know what Paul wrote in 1 Corinthians 6:19-20 (p. 1788), ***“Or do you not know that your body is a temple of the Holy Spirit who is in you, whom you have from God, and that you are not your own? For you have been bought with a price: therefore glorify God in your body.”*** So, God is concerned that we take care of this body. Our body is a temple of God’s Spirit. Often, I have heard this passage used to warn about the dangers of drugs, and alcohol, and smoking - and rightly so. However, I would ask: How will most of us die? Statistically speaking, how will we die? Most of us in this room will not die from alcohol abuse, or smoking, or some kind of drug overdose. So how will we die? Well, when we look up the leading causes of death in the US right now, the leading cause of preventable death is heart disease. Then comes various forms of cancer, then lung disease, then stroke, then diabetes, and so on. And as we look at those charts, we start to understand that not all, but much of this goes back to how we take care of our bodies - the choices we make. We aren’t dying of malaria like we were a hundred years ago, but we still die, don’t we? Many of our leading causes of death now are, in a sense, self-inflicted. Chances are, those of us in this room, then, will most likely die of something either caused or made worse by the overabundance we have in this nation. Generally speaking, we are not starving to death. Instead, we have gone to the other extreme. Generally speaking, we are eating ourselves to death. So, I could devote several lessons to the evils of heroin, and alcohol, and tobacco, but in reality, that is not what most of us are struggling with. Most of us struggle with Meal #1 at McDonald’s, which, by the way, with a Coke and fries, comes to just over 1000 calories, or slightly more than half of the calories we need for an entire day. Most of us in this room are not tempted by meth or heroin, but we do struggle with Pringles, or Snickers, or pretty much anything at Culver’s. I struggle with those things.

I want to share something very personal with all of you. And I know that I am opening myself up to criticism. I understand that. I would only ask that if you have a beef with what I am about to say, please share it with me personally, and I will respect you for that. But when we moved to Madison back in April 2000, I went from walking just over a mile to the church office every day to having my office at home, and I started gaining weight. I crossed the 200 mark, then 210, then at 210 pounds I told myself that I really need to preach on this food thing, and I’ll do it once I get below 200, at which point I kept going from 210 up to 220, then to 230, and when I got home from PTP a year ago, I topped out at 236. It just kept going up, up, and up, and my doctor was not thrilled. I wasn’t thrilled. I was mad at myself. Up until that point, my theory on pants was the same as David Lipe, one of my favorite college professors. I remember him saying one time, “I actually wear size 34, but the 36’s felt so good, I just went ahead and got the 38’s!” That was my theory on pants as well. But a year ago, the 38’s weren’t fitting, so I moved up to size 40’s. When Clayton and Alannah got married, I had to go out and buy a new pair of pants - I wasn’t fitting in my old ones, which really weren’t that old! I was really discouraged by that.

At about the same time, a preaching buddy of mine up in Minnesota, Dan Mayfield, was starting to post some stuff online about “intermittent fasting,” including some incredible health benefits. He started a Facebook page, “Fasting for Health and Faith: Research and Scripture.” A preaching friend in Colorado reported that he had beat diabetes through healthy eating, completely reversing it and getting off his medication, and so at the end of August last year, when I got home from Polishing the Pulpit, fatter than I had ever been in my life, I thought I would give it a try. I started with what is known as the 18/6 plan - three times a week, going 18 hours without eating, which means that your other meals that day need to stay in that 6 hour window. So, “18/6” was the plan. And when you think about it, going 18 hours without food really just means skipping one meal three times a week; three times a week, only eating between noon and 6 p.m.

In practical terms, for me, at the beginning at least, it meant skipping breakfast on Monday, Wednesday, and Friday. I did some research and decided that coffee would be okay, as long as there wasn't any sugar in it. And almost immediately, I started to feel better. I was also losing weight. By the way, I went maybe three or four months without ever telling my family what I was doing. I'm not exactly sure why - maybe I just didn't want to deal with that aspect of it if I failed - I am not sure. I definitely didn't want to pressure my family to join me, but several months in, I "came out" to them. And thankfully, they still love me, as far as I know.

For several years, I have tracked my weight and blood pressure in a Google calendar that I have labeled as "Health." And I started because my doctor was starting to get concerned about my blood pressure. It was regularly somewhere around 145/90, which is right on the edge of being too high. At the next visit, she was going to put me on blood pressure medicine. And obviously, the weight was an issue. I'm putting a chart on the wall up here, and the three colors are the ranges according to Body Mass Index.



The BMI, of course, goes by height and weight and gives various ranges. I discussed this with my doctor a few years ago, and she first suggested that I get about 12 inches taller. That would have totally fixed my problem. But, I tried and tried, and it just wasn't working - as hard as I tried, I could not get any taller! So, the weight really needed to come down. When I first started the intermittent fasting a year ago, I did not have a goal (other than losing something), but as it started working, maybe six months into it, I started shooting for 189, which would be the top range of normal for somebody 6'1", and I just crossed that a few weeks ago. Right now, my goal is just to try to keep it in the green if at all possible. Unless I get a lot taller, and then this whole chart changes. At this point, I am down just over 48 pounds over the past year. It is hard for me to picture that, so I put 48 pounds in a backpack. It's in the lobby out there. And I brought it for this reason: To illustrate the impact that being that much overweight has on the human body. I would not dare go hiking with a pack weighing 48 pounds. I can't imagine what that would do to me long term. And yet that is what I was doing. I thought about passing it around this morning, but I decided it was too dangerous. It is that heavy.

I didn't make a graph of the blood pressure, but it also dropped almost immediately (within the first 10-15 pounds), and it is now back in the normal range as well. Yesterday it was 109/67, and that is pretty normal for me now. So, it went from 145/90 down to 109/67. Beyond that, I just feel better. I've had to drill three more holes in my belt, I bought my first pair of size 34 pants at a thrift store in Tennessee last month (down from the 40's I was wearing). My shirts have gone from XXL down to L. My wedding ring is in danger of falling off. Several years ago, I got so overweight I had to have my ring cut off. That is embarrassing! The jeweler said, "Don't worry about it. We do this all the time." They had a special tool specifically designed for cutting rings off of fat guys. I was the fat guy. I had the ring resized, and now it is in danger of falling off. About two months into this, I noticed something else, and that is: I started dreaming again! I woke up and had had a dream! The scary part is: I hadn't noticed that I wasn't dreaming. So, I am dreaming again. And that tells me that I am probably sleeping better. A few weeks ago, my wife told me that I am not snoring anymore. A month or two ago, I realized that I hadn't taken any Tums for about a year. I hardly get any headaches anymore. I was taking Ibuprofen several times a week for headaches. I don't do that anymore.

I trace all of this back to just skipping one meal three times a week (and a bit more than that over the past few months - including several days going 24 hours). But this is all I've done. I'm not exercising. I need to exercise. I need to walk more. I need to get back on my bike. But I haven't done that yet. I'm pretty much eating the same kinds of food I ate before - I still eat bacon, I still eat Big Macs, I still eat everything I ate before, but I go at least 18 hours without food at least three times a week. By the way, one thing I've noticed is that it's not just skipping a meal. Earlier, I might sit down and eat a bowl of cereal or a bowl of ice cream at 8 o'clock at night, just because. Not because I'm hungry, but I don't know why. But now, if it's in that 18-hour window, I don't do that anymore, and I don't miss it.

Last week, I invited your questions and comments on this, and I heard back from one person. This one person made the comment that we should practice moderation in our eating. And I would agree with that. Unfortunately, in our society, many of us have tipped the scales, so to speak, in the direction of too much. I had tipped too far in that direction, and this practice of intermittent fasting has helped me step back from that. One thing I learned in this process is that it is not a sin to be hungry. Most of my life, I lived as if it was a sin to ever be hungry. But I have learned that being hungry is okay from time to time. Our bodies were not designed to have a constant flow of food. Our bodies seem to have been designed to take a break from time to time. When we ignore that, some very bad things tend to happen.

And to close this first benefit, I would share some wise words from King Solomon in Proverbs 25:16 (p. 1038). King Solomon probably had his choice of food in this life. I wouldn't imagine that he went hungry too often, but King Solomon says this in Proverbs 25:16, ***"Have you found honey? Eat only what you need, that you not have it in excess and vomit it."*** Aren't those some wise words! We are to eat only what we need, the idea of moderation.

**B. And speaking of moderation, there has been a FINANCIAL BENEFIT here.**

Again, this isn't what I set out to do, but I am just sharing an honest observation. Food is expensive. I find myself not stopping for fast food quite as often. If I was the least bit hungry, I would hit the Todd Drive Culver's on the way home from Bible class Wednesday night. I would get some kind of meal - probably a thousand calories, and probably something like \$8. That adds up. I still go out, but less often, and there has been a financial benefit. Before, I was over-fueling my body. I was taking in more than I needed. God designed us to handle excess food by storing it as fat, that we then use during times when food is not available. My

problem was: I was over-fueling over a 20-year period, with no famine. I might compare it to filling up your gas tank, filling it up, and then just letting it run. Eating what we do not need is waste.

**C. Beyond health and finances, I have also noticed that I ENJOY FOOD more than ever before.**

I have always enjoyed food. I love eating. Sometimes, though, we eat for no reason. We eat to stay awake on a long car trip. We eat when we are sick. We eat because we are bored. We eat because we are sad or angry. We eat when we are happy. We eat for so many reasons. But I can tell you, when you go 18-24 hours without eating, you start to truly appreciate the food you do eat. Going to bed, you start looking forward to breakfast. And then, when the meal comes, you savor it. It really does taste better. I would just briefly refer to 1 Timothy 6:17 where Paul refers to God, *"...who richly supplies us with all things to enjoy."* Food is one of those blessings that we can enjoy. And over the past year, I have found that I enjoy and appreciate my food more than ever.

These first three benefits have been primarily physical. The next few cross over into the spiritual realm. I did not start this for any kind of spiritual reason. But, there have been some spiritual "side-effects," if that makes sense - some unintended and unexpected benefits.

**D. I've discovered, for example, that fasting has a way of encouraging SELF-CONTROL in general.**

I'm not exactly sure how to word this, but it seems to encourage self-control all around. Here is this one area of my life that was completely out of control, and it has been reined in. I think of what Paul wrote in 1 Corinthians 9:25-27 (p. 1793). He was speaking in terms of self-control, and he brought in some sports analogies - boxing and running, and he says (in 1 Corinthians 9:25-27), *"Everyone who competes in the games exercises self-control in all things. They then do it to receive a perishable wreath, but we an imperishable. Therefore I run in such a way, as not without aim; I box in such a way, as not beating the air; but I discipline my body and make it my slave, so that, after I have preached to others, I myself will not be disqualified."* As Paul explains here, he *"disciplined"* his body and made it his slave. Today, it's often the other way around - the body tells us what to do. The apostle Paul, though, had to get his body under control, so that he would not be disqualified as a gospel preacher. For me, at least, my eating was out of control, and the intermittent fasting helped to establish control again.

At PTP this year, we heard an attorney from Tennessee who is also a preacher, and he was assigned the topic, "What I Learned from a 7-Day Fast." It was an interesting lesson, but one thing he pointed out was connected to this - he found that fasting was a way to reestablish control over his flesh. Fasting was his way of saying to his own body, "I am in control, and you are not in control." And as we know, *"self-control"* is a fruit of the Spirit, as Paul describes it in Galatians 5:23. My grandfather used to say, "If the Bible teaches anything, it teaches self-control." Fasting is one way to encourage and develop self-control.

**E. Fasting has also been an encouragement to PRAY.**

It has been something of a reminder. Again, this was not the intention at the beginning, so I'm not saying this to brag in any way whatsoever, but it has been an interesting side effect. And I'm not exactly sure why it is, but when you choose to be hungry (even for a physical health reason), it just seems natural to go to God in prayer. Perhaps we thank God that this is a choice, not a necessity. Perhaps we thank God for other blessings. Perhaps we ask for help with something. Maybe we just praise God for who he is. Perhaps we identify with Jesus in some way. We are hungry, so we think about Jesus being hungry - he chose to do that for us, so

perhaps that is our motivation for thanking and praising God. Again, I don't know why this is, but fasting and prayer seem to go together in scripture. We saw this last week. And now I have noticed this from personal experience. The process has encouraged spiritual growth.

- F. **There is one other positive observation I have made, and that is: The process has helped to IDENTIFY IN SOME WAY WITH THOSE WHO ARE HUNGRY, but not by choice.**

Again, this was not the intent, but by way of observation of this unintended side effect, as I am going to bed hungry, I will think of those in this community who are also going to bed hungry, who have no choice. We have hundreds if not thousands of those who are homeless here in Madison. We have hundreds if not thousands of little children here in Madison who go to bed hungry. If you remember, several years ago we heard that there were maybe two dozen homeless students over at Kennedy, we asked what we could do to help, and the principal and social worker over there suggested providing individually wrapped after school snacks. And the reason is: These kids get breakfast at school, they get lunch at school, but then they go home, and they might not eat again until they come back to school the next morning. The snacks we provide are given out on the way home so they at least have something to eat at home that night. Fasting has made me think about this more. I am doing for my own good, but there are many right here in Madison who have no choice.

- II. **So, these are some benefits based on what I have learned over the past year. What about the DANGERS? There are some DANGERS. There are some possible NEGATIVES.**

- A. **Let's get an easy one out of the way first: There is such a thing as being HANGRY!**

The dictionary defines hangry as being "bad-tempered or irritable as a result of hunger." It is the combination of "hungry" and "angry." Of course, I personally would never get hangry! But we do need to be aware of it. One thing I have found that helps is skipping dinner instead of breakfast. By skipping dinner, the worst of the hunger happens as you are unconscious, as you are sleeping! On the other hand, if we skip breakfast, many of us need to interact with other human beings in that time when we are hungry (or hangry).

- B. **Another far more serious possible negative is ARROGANCE and PRIDE, either PHYSICAL or SPIRITUAL.**

And it seems that this is what the Jesus addresses back in Matthew 6 (p. 1509). There were some back then who used fasting as a way to brag about how super-spiritual they were, all while their hearts were absolutely evil on the inside. After all, it is much easier to skip a meal here and there than it is to actually be good! Notice, please, what the Lord says in Matthew 6:16-18. Jesus says,

***Whenever you fast, do not put on a gloomy face as the hypocrites do, for they neglect their appearance so that they will be noticed by men when they are fasting. Truly I say to you, they have their reward in full. But you, when you fast, anoint your head and wash your face so that your fasting will not be noticed by men, but by your Father who is in secret; and your Father who sees what is done in secret will reward you.***

By the way, please notice that Jesus does promise a "reward" for fasting. It's easy to miss this. But as we just briefly alluded to last week: In the verses leading up to this, Jesus says basically the same thing about giving and prayer, and the point is: Do not do these things for the purpose of being noticed! It's not that nobody can

know that do these things, but as with so much in the New Testament, our motivation is important. It's important that our heart is right.

**C. Tied to arrogance, a somewhat similar danger might come in using fasting as some kind of SUBSTITUTE FOR REAL SPIRITUALITY, even to the point of MAKING RULES WHERE GOD HAS NOT MADE RULES.**

I would invite you to turn with me to 1 Timothy 4 (p. 1857), where Paul gives an incredibly stern warning. Starting in 1 Timothy 4:1, Paul says,

*But the Spirit explicitly says that in later times some will fall away from the faith, paying attention to deceitful spirits and doctrines of demons, by means of the hypocrisy of liars seared in their own conscience as with a branding iron, men who forbid marriage and advocate abstaining from foods which God has created to be gratefully shared in by those who believe and know the truth. For everything created by God is good, and nothing is to be rejected if it is received with gratitude; for it is sanctified by means of the word of God and prayer.*

It is hard to read that without thinking of the Catholic Church and some of the rules they have made up through the years - you must fast during some made-up time known as Lent, you must not eat meat on Fridays, on so on. So, as we have discussed fasting, I have tried to make it clear that it is never actually commanded; instead, it is something that God's people seem to have done voluntarily, for various reasons. The point is: We need to be aware of this danger. We are not to make rules for other people that God has not made.

We think of what Paul said in Colossians 2 (p. 1843). In Colossians 2:20-23, Paul warned about this,

*If you have died with Christ to the elementary principles of the world, why, as if you were living in the world, do you submit yourself to decrees, such as, "Do not handle, do not taste, do not touch!" (which all refer to things destined to perish with use)—in accordance with the commandments and teachings of men? These are matters which have, to be sure, the appearance of wisdom in self-made religion and self-abasement and severe treatment of the body, but are of no value against fleshly indulgence.*

I might put fasting in this category. There is a danger that we become obsessed with it spiritually, even when it was never commanded. So yes, there is a value to it (otherwise we wouldn't read so much about it in the Bible), but there are also some dangers, including using it as a substitute for what we really need to be doing.

**D. Just this morning, I added another danger, and that is EATING DISORDERS.**

Especially among young women, this can be a concern. With all of the body-image issues these days, the last thing some people need to hear is that you need to stop eating in order to be pleasing to God. My first visit to a psychiatric hospital was back when I was in college. We went to visit one of my wife's friends who was there for an eating disorder - incredibly skinny, even to the point of being life-threatening, but she continued to refuse to eat. At camp more than 20 years ago, we had a cabin full of 10-year old girls suddenly go vegetarian. One young woman in that cabin was a vegetarian, and apparently vegetarianism is contagious! The problem is: These young women had no idea how to be vegetarians! They thought that it meant eating only lettuce, so we

had a bunch of little girls practically passing out on the ball field. I mention this as a reminder that some people are very impressionable, and we do need to be careful.

- III. **As we start to wrap this up, I would make a few PRACTICAL SUGGESTIONS to anyone considering this.**
- A. **First of all, if you ever think about doing this for health reasons, start by getting some GOOD ADVICE - CHECK WITH A DOCTOR, DO SOME RESEARCH.**

Some doctors are actually prescribing fasting. Others might warn against it, especially with other conditions or medications. But get some good advice. Look up the dangers and the benefits.

- B. **Secondly, whether we do this or not, most of us probably need quite a bit more WATER than we usually get, but it is especially important when fasting.**

I have a few Nalgene bottles that I keep in the fridge, and while I used to grab a Coke, this is now just as easy. I still drink Coke, but not during certain hours. But the point is: Most of us probably need to drink more water. Most of us probably need close to a gallon a day. Our bodies need water. And a lot of our water comes at meal times; so, if we are skipping a meal, it is especially important that we do not skip the water.

- C. **Thirdly, BE FLEXIBLE.**

Try not to disrupt family fellowship (or other fellowship) - be flexible. Remember: I went close to three months before anybody knew what I was doing, and that was only because I said something. So much of what we do in this life revolves around food. And if we decide to skip a meal, there is the danger that we miss out on other things that happen during meals, other than eating. So, be flexible.

- D. **The fourth idea up here: GET HELP - lean on somebody for SUPPORT and ADVICE.**

Remember, in Ecclesiastes 4:9, King Solomon says, *“Two are better than one because they have a good return for their labor.”* He goes on to explain that two people lift each other up, two people are able to keep each other warm, two people have a better chance of defending themselves. This applies in so many ways. Sometimes, we need help. We need encouragement. I’ve had two main sources of encouragement in this: First of all, the Facebook group I mentioned earlier: Fasting for Health and Faith: Research and Scripture. I’ll tell you: There is some weird stuff on there. I don’t agree with some of the things on there. But Dan has put it out there as something of a clearinghouse of information on this issue. It has also been a source of encouragement.

The second source of encouragement has been a Facebook group started by a friend of mine who is a personal trainer in Washington, DC - Maurice Williams. He started a group, “Healthy Preachers.” It started several years ago after a series of lessons at Polishing the Pulpit where speakers addressed some of the challenges of being healthy and preaching. This year, I got to see Maurice in person again, and I let him know, “I think you might have saved my life.” But Maurice and his group have been a source of encouragement. His website is on the wall up here: [www.moveowellfit.com](http://www.moveowellfit.com).

And speaking of support, several months ago, I talked to my fellow elders about a dream I’ve had for a few years now: Some kind of healthy living support group here at church for those of us who want to focus on



being healthy. We have some here who are struggling with health issues - diabetes, heart stuff, weight loss. I just think it might help to get together once a month to pray, to do a quick study of a passage about health, and then to learn something practical - maybe have a guest speaker come in from time to time - or maybe we just confess our struggles to each other, "I ate the donut! I should not have eaten the donut," or whatever. I started thinking about this a few years ago when we went to La Junta, Colorado (where my wife's family first discovered the Lord's church and obeyed the gospel), and the church there had a potluck dinner, and they had a special section of desserts that were labeled as being for diabetics. It was like half of their dessert table, and it was marked off with tape and a sign, and I realized: This is a real problem, and maybe there is something we can do about it. Maybe there is something we can do to encourage each other. How hard must it be to go to a spiritual fellowship situation and to be tempted by all kinds of things we should not be eating. I can preach against smoking (or whatever), but then I tempt my brother with a huge plate of donuts. That just doesn't seem right. So maybe there is something we can do to encourage each other. What about some fellowship opportunities that do not involve food? What about a congregational walk together instead of a potluck diner? If you guys have any thoughts on this, if you would like to take a leading role, I would love to hear some good ideas.

**E. Another possibility here is to FAST IN SOME WAY THAT DOES NOT INVOLVE FOOD.**

Some people are not physically able to do this, and God does not ask us to do what we cannot do. Somebody with a history of eating disorders probably shouldn't be doing this. One thing I appreciated from brother Massey's presentation last month is that he pointed out that God is concerned about our health, so he never requires us to do something that harms us physically. So, if you can't do it, don't do it. Or do it in a different way. Since we don't have specific rules on this, we can make up our own rules - not some kind of man-made religion that we impose on other people, but we can make a plan for ourselves. Do what Daniel did - just don't eat anything that tastes good for some period of time. We don't necessarily need to go 40 days without food like Jesus did.

My dad preached on this back in 2003, and one thing he suggested was that if we really want to impress God, instead of skipping a meal, maybe we should try going one day without sinning. That is the real challenge! Try to spend one day without arguing with the person we are married to, ***"...not returning evil for evil or insult for insult, but giving a blessing instead"*** (1 Peter 3:9). That might be a real challenge. Go for one day without gossiping, go for one week without using a credit card - or whatever. Instead of fasting from food, maybe we need to focus on some other area. Whatever spiritual weakness we have, let us work on that weakness.

**Conclusion:**

And that brings us to our scripture reading for this morning - 1 Timothy 4:7-8, where Paul said to the young preacher Timothy, ***"...discipline yourself for the purpose of godliness; for bodily discipline is only of little profit, but godliness is profitable for all things, since it holds promise for the present life and also for the life to come."*** The most important thing here is that we look to Jesus as the Bread of Life. We long for him, just as a deer longs for the water. This body is temporary, and we do need to take care of it, but it is temporary. And our mission is to prepare for the life to come.

We prepare by turning away from sin and by allowing ourselves to be immersed in water, calling out to God for a good conscience in the act of baptism. We do this to imitate the death, burial, and resurrection of Jesus Christ, who died for our sins. If you have any questions, let us know, but if you are ready to obey the gospel right now, you can let us know as we sing this next song. Let's stand and sing...

To comment on this lesson: [fourlakeschurch@gmail.com](mailto:fourlakeschurch@gmail.com)