



Soul-Care IS Self-Care: Food for the Soul

Tom Deviney





Soul-Care IS Self-Care: Food for the Soul

Tom Deviney



Jesus and Levi

Luke 5:27–32

After this he went out and saw a tax collector named Levi, sitting at the tax booth; and he said to him, “Follow me.” And he got up, left everything, and followed him. Then Levi gave a great banquet for him in his house; and there was a large crowd of tax collectors and others sitting at the table with them.



The Pharisees and their scribes were complaining to his disciples, saying, “Why do you eat and drink with tax collectors and sinners?” Jesus answered, “Those who are well have no need of a physician, but those who are sick; I have come to call not the righteous but sinners to repentance.”



Jesus, Simon, and Forgiveness of a Sinful Woman

Luke 7:36–50



Feeding the Five Thousand

Luke 9:12–17



Jesus Denounces the Pharisees and Lawyers at Dinner

Luke 11:37–53



Jesus Teaches on Humility

Luke 14: 7–14



The Parable of the Great Dinner

Luke 14:15–24



Jesus and Zaccheus

Luke 19:1–10



Institution of the Lord's Supper

Luke 22:14–23



The Emmaus Road Dinner

Luke 24:28–32



Jesus Appears to the Disciples and Eats

Luke 24:36–43



“Holy Days” -> “holidays”



Soul-Care IS Self-Care: Food for the Soul

Tom Deviney



Matthew 4:1–2

Then Jesus was led up by the Spirit into the wilderness to be tempted by the devil. He fasted forty days and forty nights, and afterwards he was famished.




Matthew 6:16–18

“And whenever you fast, do not look dismal, like the hypocrites, for they disfigure their faces so as to show others that they are fasting. Truly I tell you, they have received their reward.



But when you fast, put oil on your head and wash your face, so that your fasting may be seen not by others but by your Father who is in secret; and your Father who sees in secret will reward you.”

 It is possible either to fast or pray in such a manner as to make you much worse than before; more unhappy, and more unholy. Yet the fault does not lie in the means itself, but in the manner of using it. Use it still, but use it in a different manner.”

*John Wesley
Thirteen Discourses
on the Sermon On the Mount
p.150*

 **Matthew 9:14–15**

Then the disciples of John came to him, saying, “Why do we and the Pharisees fast often, but your disciples do not fast?” And Jesus said to them, “The wedding guests cannot mourn as long as the bridegroom is with them, can they? The days will come when the bridegroom is taken away from them, and then they will fast.”



Matthew 17:19–21

Then the disciples came to Jesus privately and said, “Why could we not cast it out?” He said to them, “Because of your little faith. For truly I tell you, if you have faith the size of a mustard seed, you will say to this mountain, ‘Move from here to there,’ and it will move; and nothing will be impossible for you. But this kind never comes out except by prayer and fasting”



Acts 13:2–3

While they were worshiping the Lord and fasting, the Holy Spirit said, “Set apart for me Barnabas and Saul for the work to which I have called them.” Then after fasting and praying they laid their hands on them and sent them off.



Acts 14:23


And after they had appointed elders for them in each church, with prayer and fasting they entrusted them to the Lord in whom they had come to believe.



Fasting

A
Hunger
for God




 **Isaiah 58:6–12**

Is not this the fast that I choose: to loose the bonds of injustice, to undo the thongs of the yoke, to let the oppressed go free, and to break every yoke? Is it not to share your bread with the hungry, and bring the homeless poor into your house; when you see the naked, to cover them, and not to hide yourself from your own kin?



Then your light shall break forth like the dawn, and your healing shall spring up quickly; your vindicator shall go before you, the glory of the Lord shall be your rear guard. Then you shall call, and the Lord will answer; you shall cry for help, and he will say, Here I am.

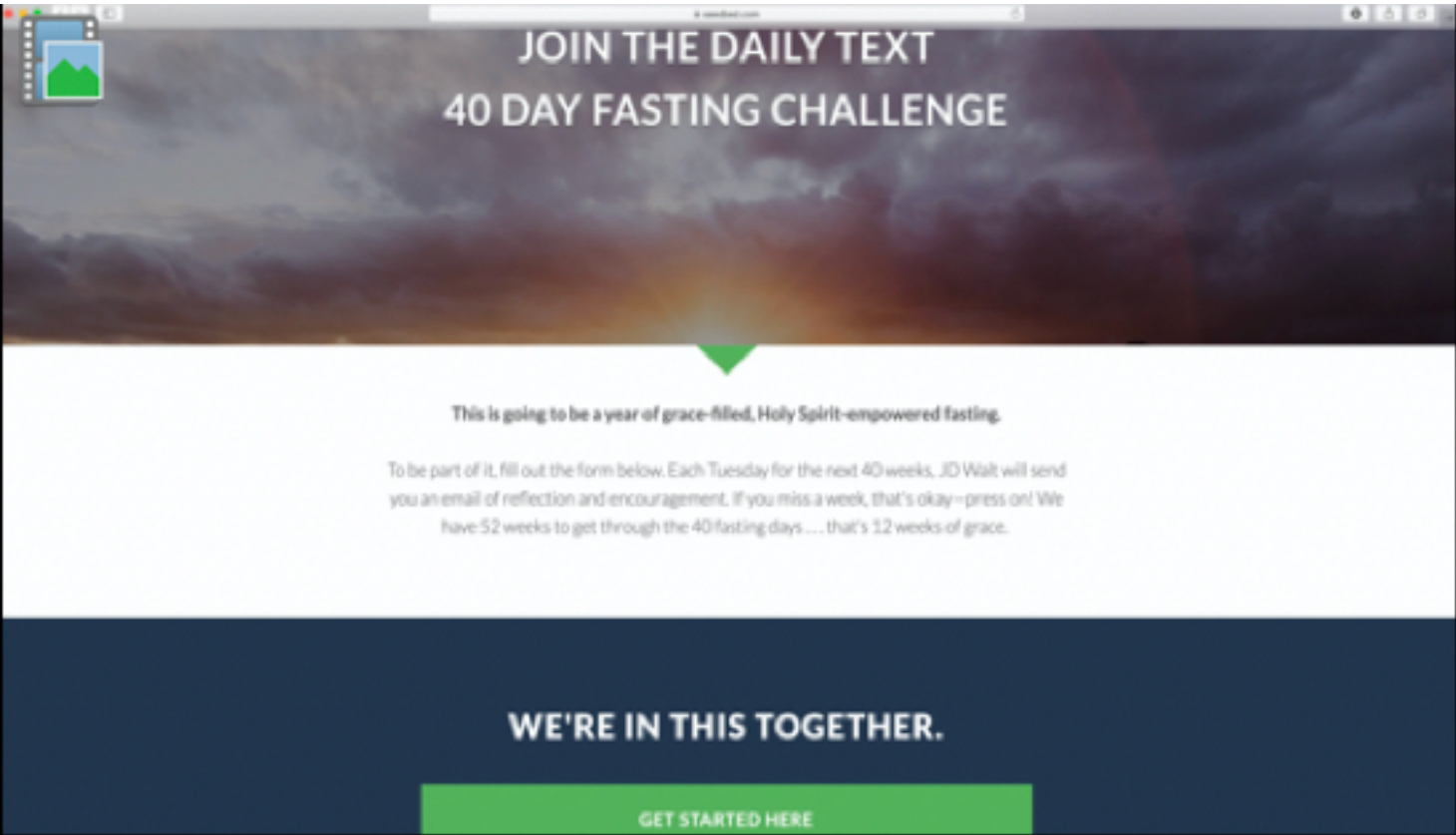
 you remove the yoke from among you,
the pointing of the finger, the speaking of
evil, if you offer your food to the hungry
and satisfy the needs of the afflicted,
then your light shall rise in the darkness
and your gloom be like the noonday. The
Lord will guide you continually, and
satisfy your needs in parched places, and
make your bones strong;



**and you shall be like a watered garden,
like a spring of water, whose waters
never fail. Your ancient ruins shall be
rebuilt; you shall raise up the
foundations of many generations; you
shall be called the repairer of the
breach, the restorer of streets to live in.**



<https://www.seedbed.com/fasting>



JOIN THE DAILY TEXT 40 DAY FASTING CHALLENGE

This is going to be a year of grace-filled, Holy Spirit-empowered fasting.

To be part of it, fill out the form below. Each Tuesday for the next 40 weeks, JD Walt will send you an email of reflection and encouragement. If you miss a week, that's okay—press on! We have 52 weeks to get through the 40 fasting days.... that's 12 weeks of grace.

WE'RE IN THIS TOGETHER.

[GET STARTED HERE](#)



Opening Prayer

“Lord Jesus Christ, I offer You this fast for Your glory and my good. All I am and all I have I offer to You for Your purposes in the world and my progress in Your grace. Amen”



Guidance



Key Verse and Teaching

John 15:2

“He cuts off every branch in me that bears no fruit, while every branch that does bear fruit he prunes so that it will be even more fruitful.”



Mealtime Focus

Psalm 139:23–24

**Search me, God, and know my heart;
test me and know my anxious thoughts.
See if there is any offensive way in me,
and lead me in the way everlasting.**



1 Thessalonians 5:23–24

May God Himself, the God of peace, sanctify you through and through. May your whole spirit, soul and body be kept blameless at the coming of our Lord Jesus Christ. The One who calls you is faithful, and He will do it.



Walking Around Breath Prayer for the Day

**“Prune me, heavenly Father, so that I
will be even more fruitful.”**



Close with Prayer

“Lord Jesus Christ, I offer You this fast for Your glory and my good. All I am and all I have I offer to You for Your purposes in the world and my progress in Your grace. Amen.”

“To the extent health will not permit fasting from food, chose some kind of alternative.”




Mark 2:18–22

Now John's disciples and the Pharisees were fasting; and people came and said to him, "Why do John's disciples and the disciples of the Pharisees fast, but your disciples do not fast?"



Jesus said to them, “The wedding guests cannot fast while the bridegroom is with them, can they? As long as they have the bridegroom with them, they cannot fast. The days will come when the bridegroom is taken away from them, and then they will fast on that day.



No one sews a piece of unshrunk cloth on an old cloak; otherwise, the patch pulls away from it, the new from the old, and a worse tear is made. And no one puts new wine into old wineskins; otherwise, the wine will burst the skins, and the wine is lost, and so are the skins; but one puts new wine into fresh wineskins.”



**“For Jesus, fasting was not about
faithfulness to practice. Fasting was a
means to intimate fellowship.”**

David Thomas



Soul-Care IS Self-Care: Food for the Soul

Tom Deviney