

A detailed close-up photograph of a complex mechanical assembly, likely a watch movement. The image shows several interlocking gears of various sizes, some with handwritten numbers and markings. The lighting is dramatic, highlighting the metallic surfaces and the intricate details of the machinery against a dark background.

# Top Gear

## The Final Discipline

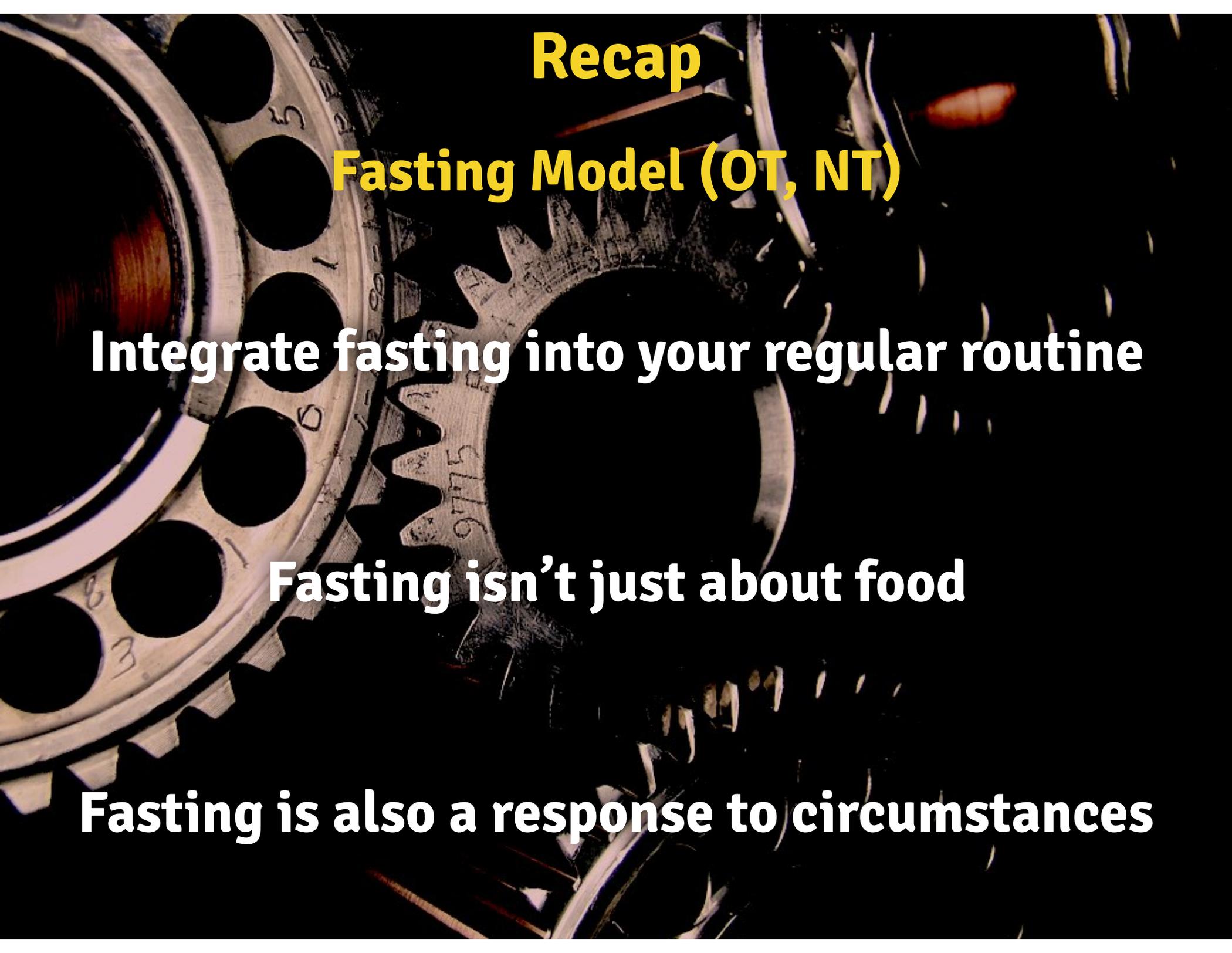
## Recap

**Biblical fasting is always done for spiritual purposes, and involves the abstinence of something valuable to take hold of something of far greater value (marshmallow experiment)**

## Recap

**Fasting battles our desires which can threaten to supplant God in our lives**

**We bring our desires into submission by denying ourselves of them**



# Recap

## Fasting Model (OT, NT)

**Integrate fasting into your regular routine**

**Fasting isn't just about food**

**Fasting is also a response to circumstances**

# The Five Disciplines



**Prayer**

**Meditation**

**Giving**

**Serving**

**Fasting**

**The Discipline of Family/church**

## **The City of Laish**

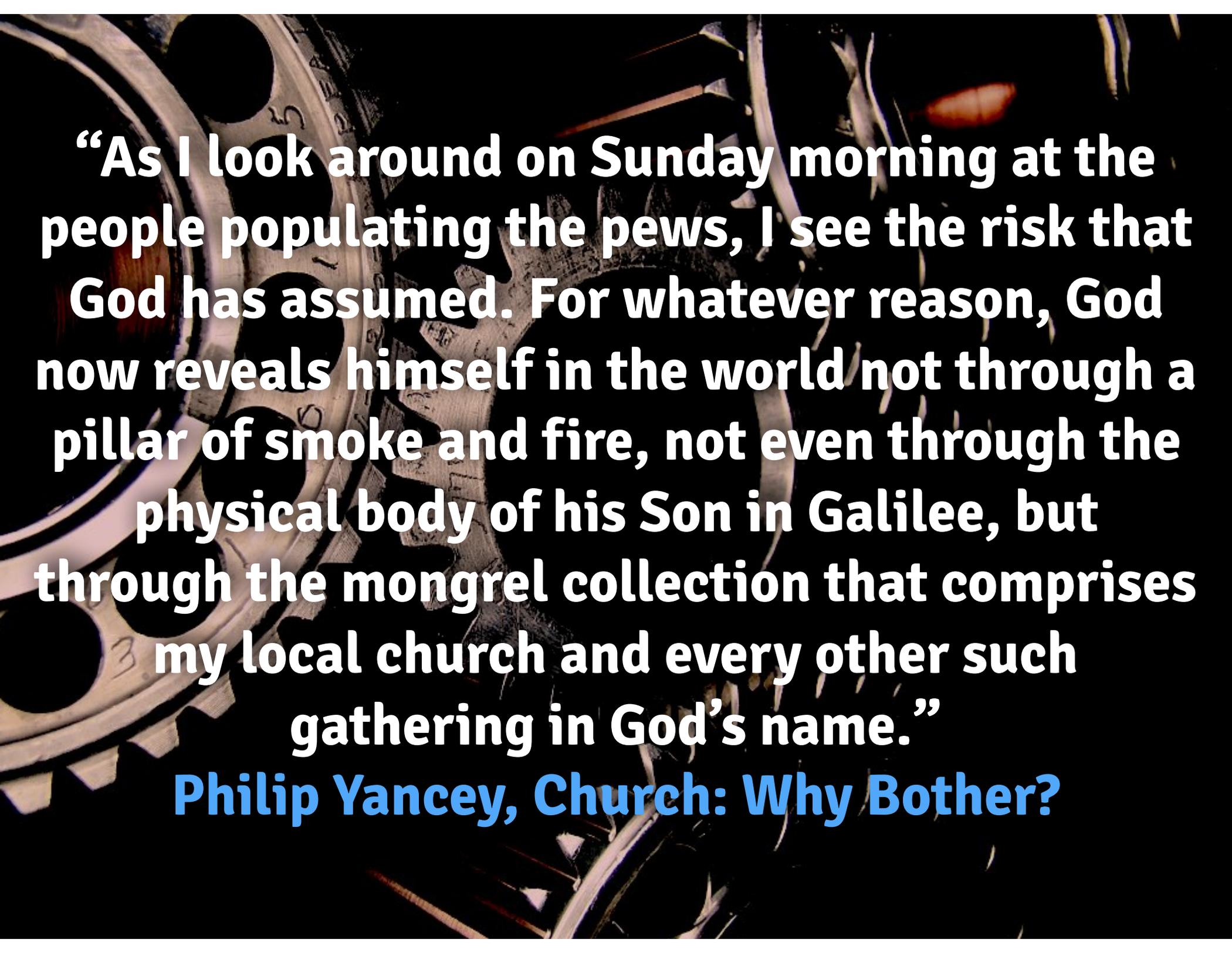
**And in those days the tribe of the Danites was seeking a place of their own where they might settle, because they had not yet come into an inheritance among the tribes of Israel. So the Danites sent five of their leading men from Zorah and Eshtaol to spy out the land and explore it. These men represented all the Danites. They told them, “Go, explore the land.” **Judges 18:1-2a****

# The City of Laish

So the five men left and came to Laish, where they saw that the people were living in safety, like the Sidonians, at peace and secure. And since their land lacked nothing, they were prosperous. Also, they lived a long way from the Sidonians and **had no relationship with anyone else.** vs 7

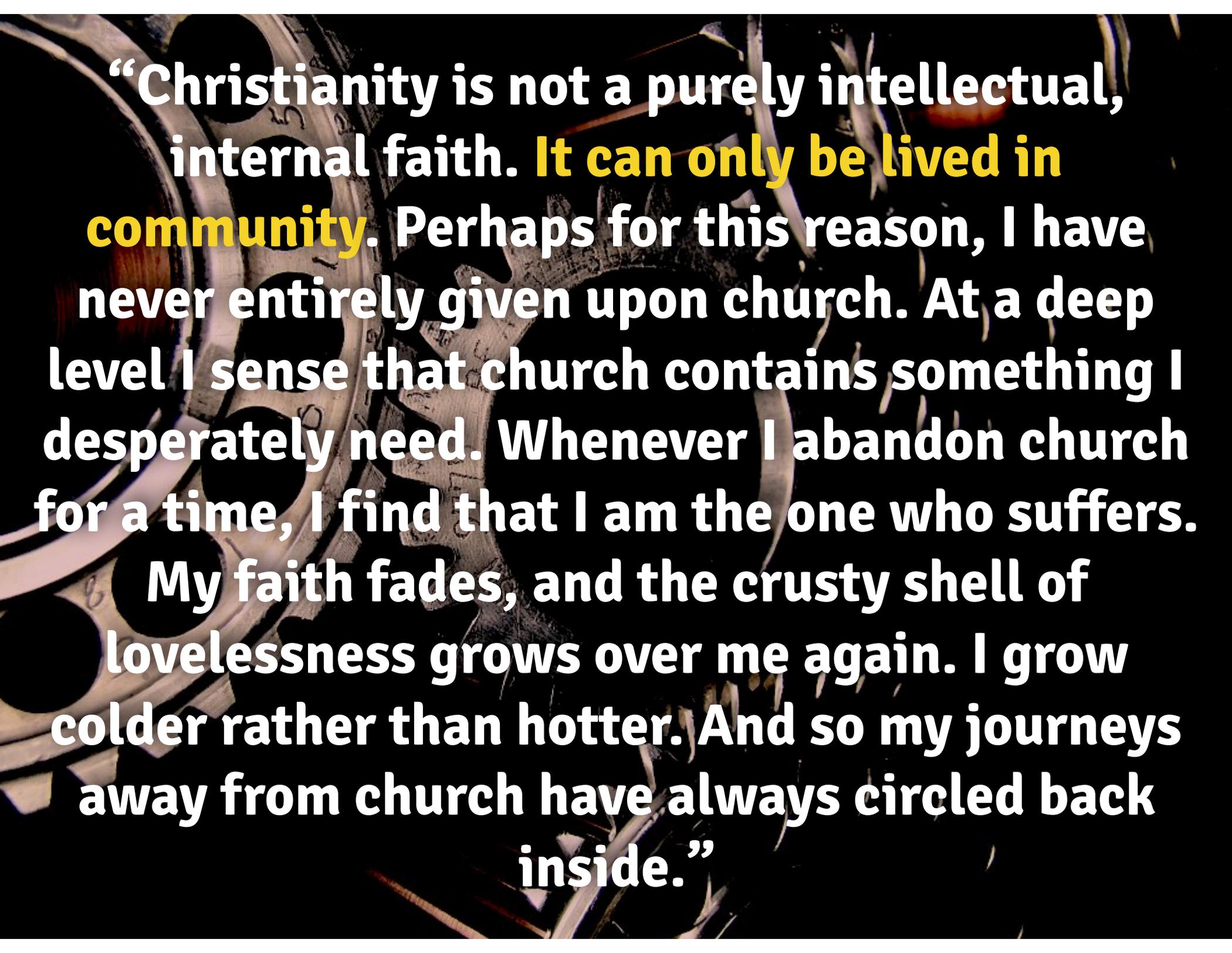
# The City of Laish

Then they took what Micah had made, and his priest, and went on to Laish, against a people at peace and secure. **They attacked them with the sword and burned down their city. There was no one to rescue them** because they lived a long way from Sidon and had no relationship with anyone else. **vs 27-28**



**“As I look around on Sunday morning at the people populating the pews, I see the risk that God has assumed. For whatever reason, God now reveals himself in the world not through a pillar of smoke and fire, not even through the physical body of his Son in Galilee, but through the mongrel collection that comprises my local church and every other such gathering in God’s name.”**

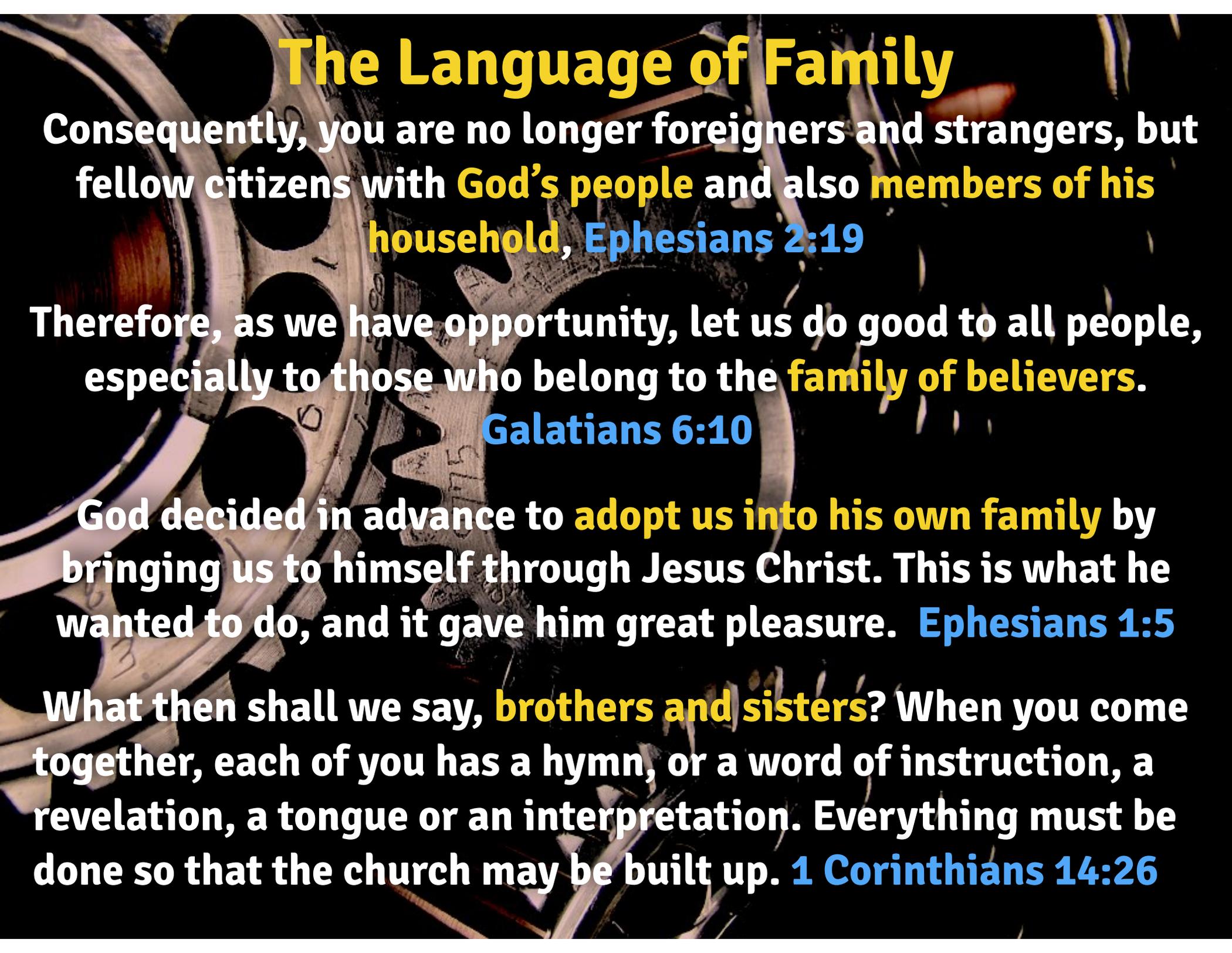
**Philip Yancey, Church: Why Bother?**



**“Christianity is not a purely intellectual, internal faith. **It can only be lived in community.** Perhaps for this reason, I have never entirely given upon church. At a deep level I sense that church contains something I desperately need. Whenever I abandon church for a time, I find that I am the one who suffers. My faith fades, and the crusty shell of lovelessness grows over me again. I grow colder rather than hotter. And so my journeys away from church have always circled back inside.”**



# Family. Community (Spiritual)



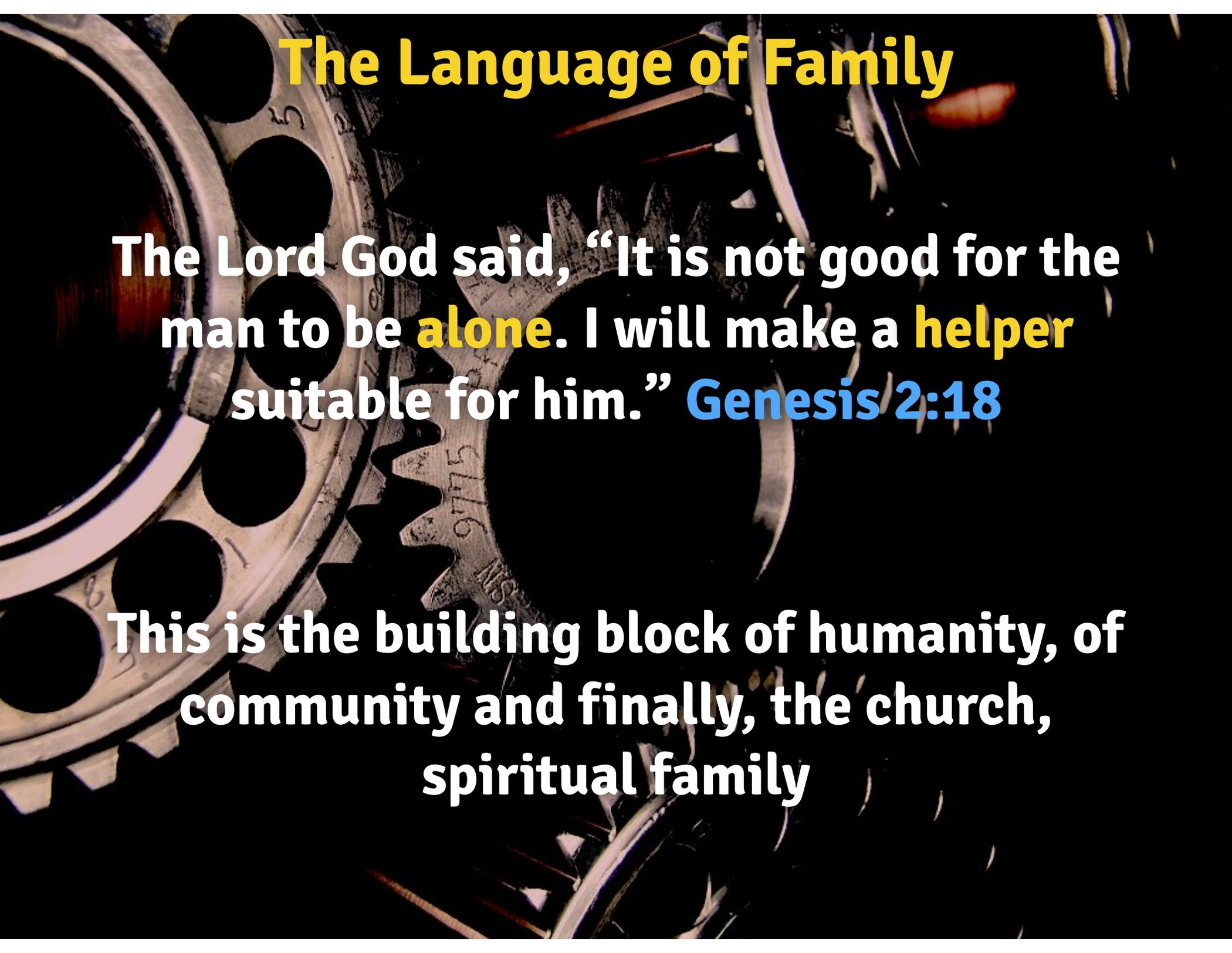
# The Language of Family

Consequently, you are no longer foreigners and strangers, but fellow citizens with **God's people** and also **members of his household**, **Ephesians 2:19**

Therefore, as we have opportunity, let us do good to all people, especially to those who belong to the **family of believers**.  
**Galatians 6:10**

God decided in advance to **adopt us into his own family** by bringing us to himself through Jesus Christ. This is what he wanted to do, and it gave him great pleasure. **Ephesians 1:5**

What then shall we say, **brothers and sisters**? When you come together, each of you has a hymn, or a word of instruction, a revelation, a tongue or an interpretation. Everything must be done so that the church may be built up. **1 Corinthians 14:26**



# The Language of Family

The Lord God said, “It is not good for the man to be **alone**. I will make a **helper** suitable for him.” **Genesis 2:18**

This is the building block of humanity, of community and finally, the church, spiritual family



# **The Language of Family**

**Spiritual Orphans or the descendants of Laish**

**Not accountable**

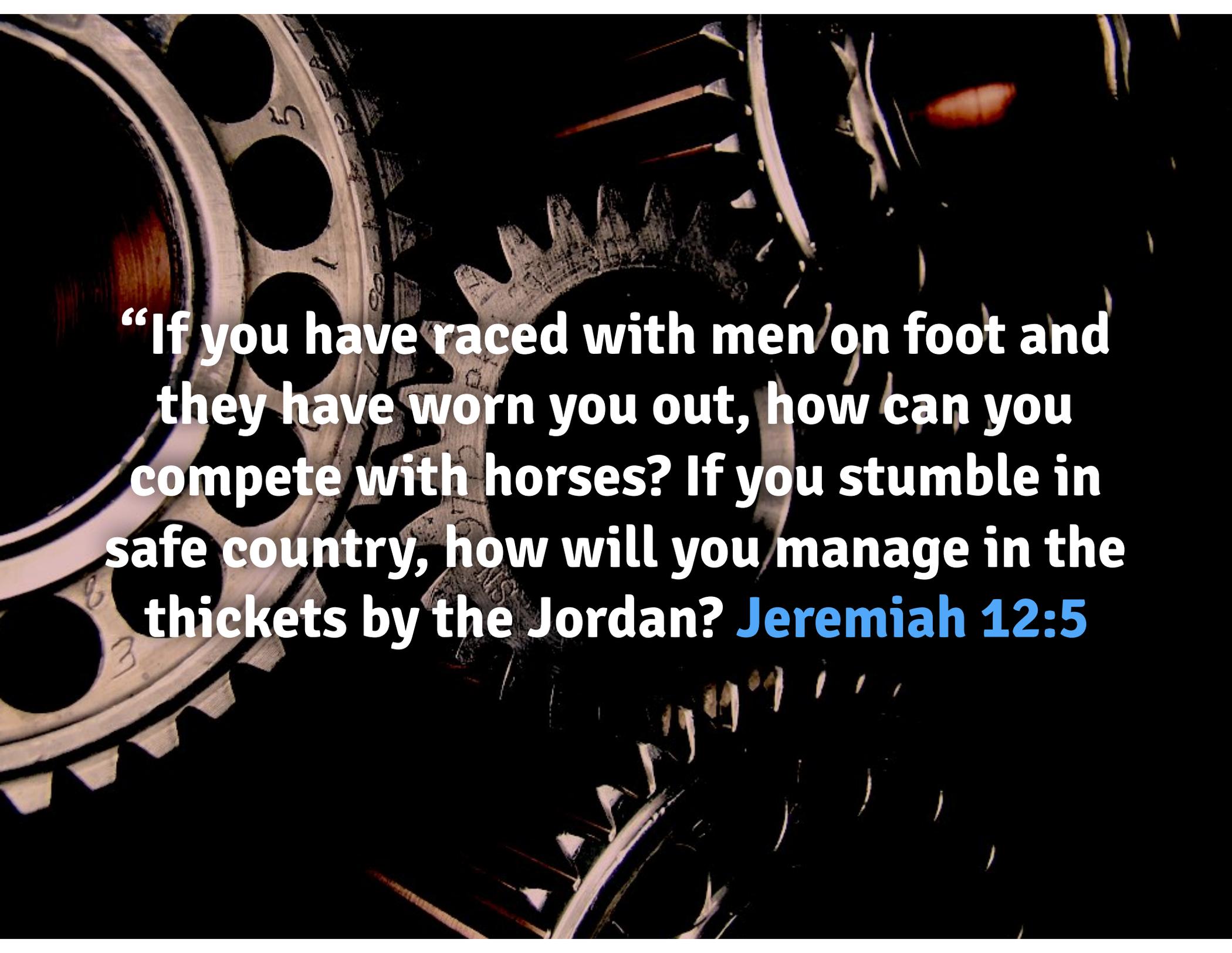
**Seek what pleases them**

**Community as a social construct**

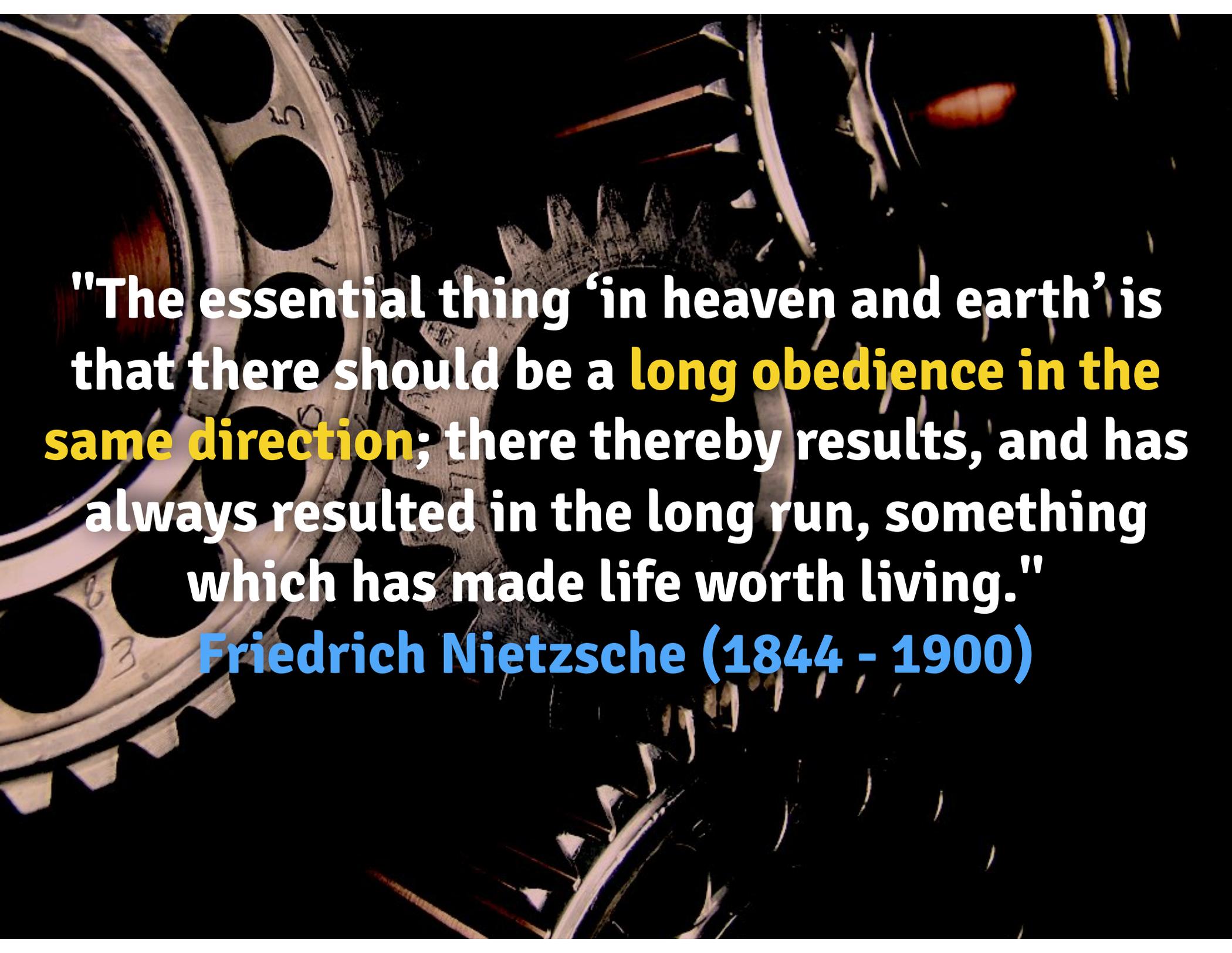
**Surround themselves with themselves**

**No discomfort, no sacrifice**

**No growth**

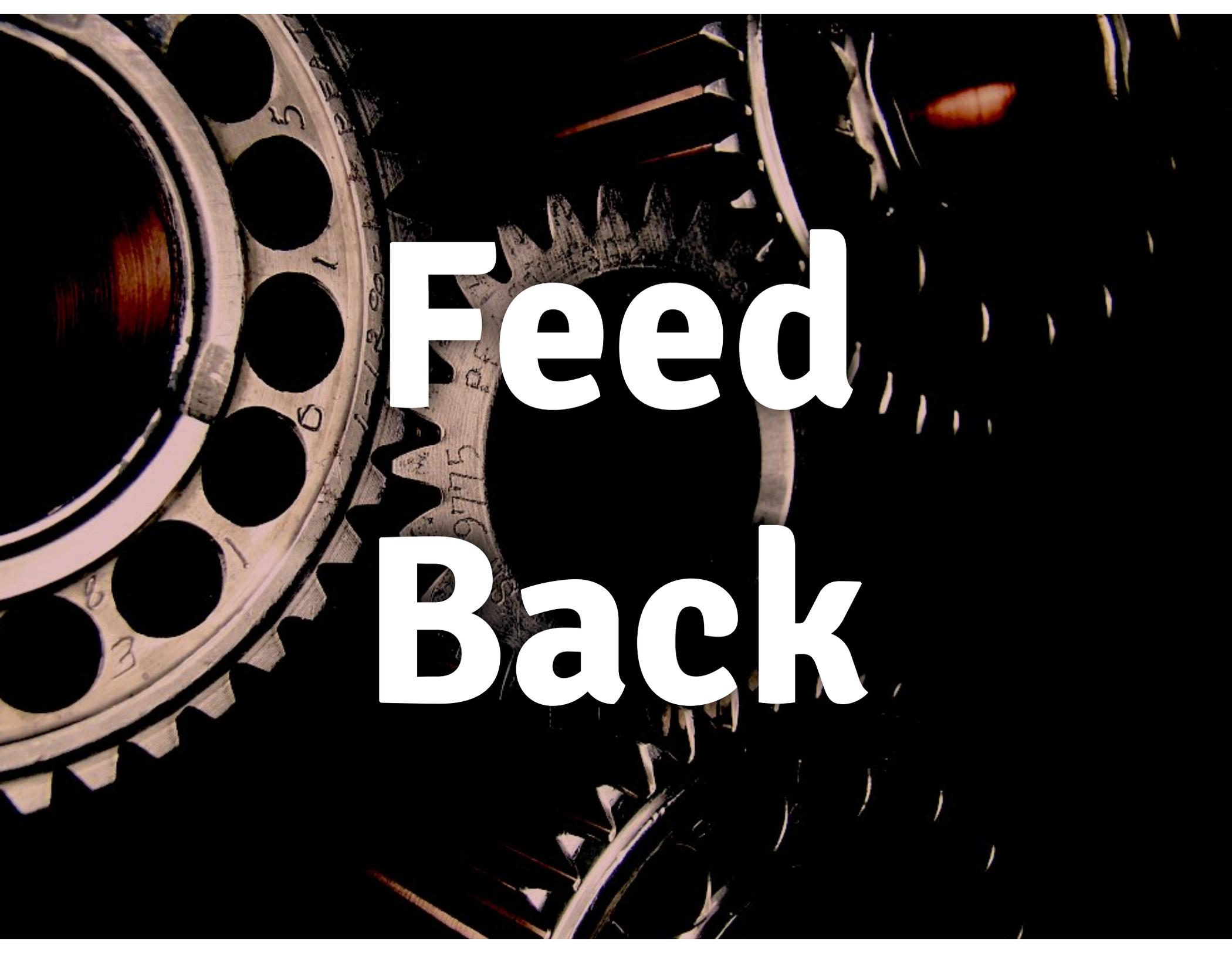


**“If you have raced with men on foot and they have worn you out, how can you compete with horses? If you stumble in safe country, how will you manage in the thickets by the Jordan? [Jeremiah 12:5](#)”**



"The essential thing 'in heaven and earth' is that there should be a **long obedience in the same direction**; there thereby results, and has always resulted in the long run, something which has made life worth living."

**Friedrich Nietzsche (1844 - 1900)**



# Feed Back

# All change comes from conflict

Prayer

Meditation

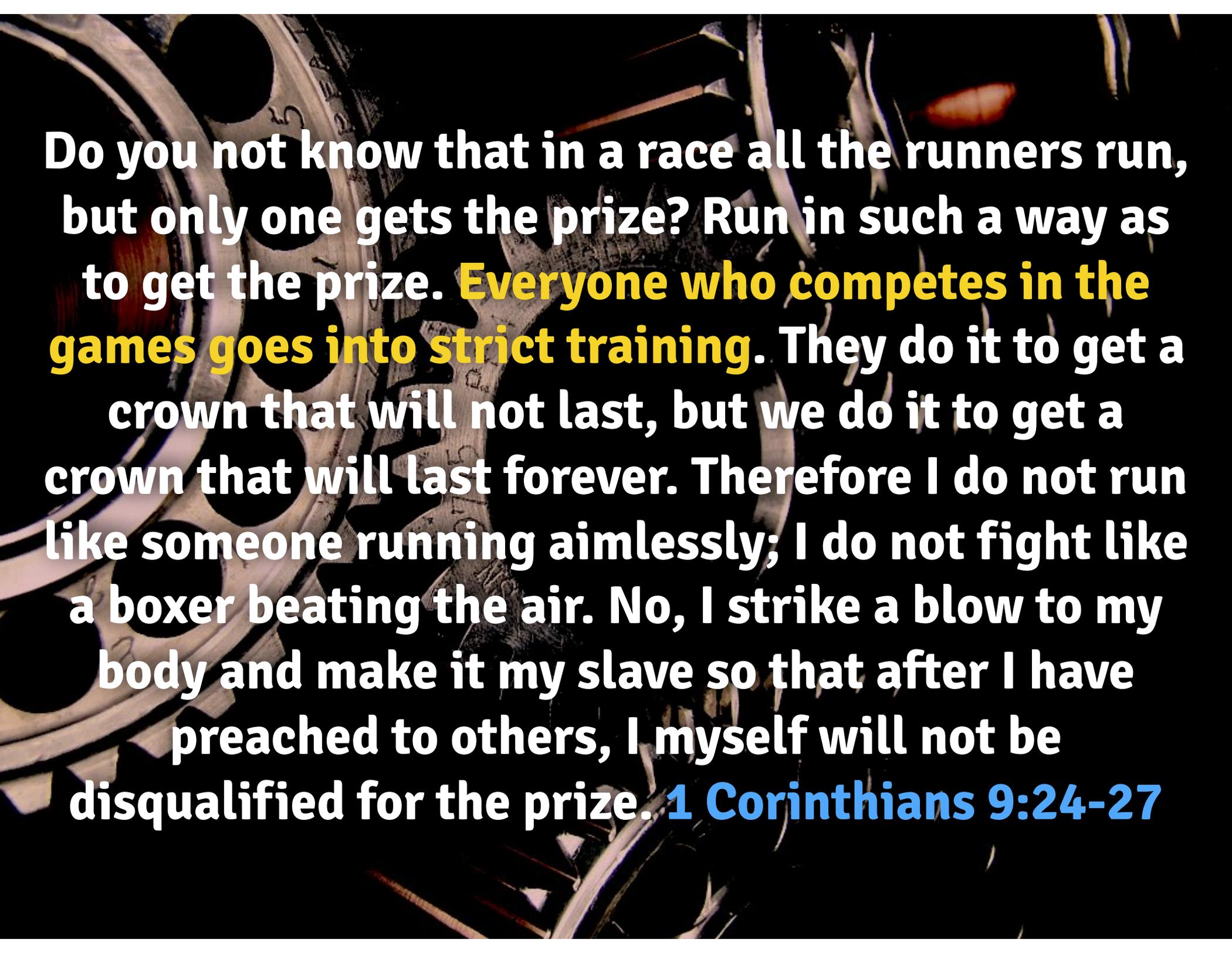
Giving

Serving

Fasting

Family

For we are not fighting against flesh-and-blood enemies, but against evil rulers and authorities of the unseen world, against mighty powers in this dark world, and against evil spirits in the heavenly places. **Ephesians 6:12**



Do you not know that in a race all the runners run, but only one gets the prize? Run in such a way as to get the prize. **Everyone who competes in the games goes into strict training.** They do it to get a crown that will not last, but we do it to get a crown that will last forever. Therefore I do not run like someone running aimlessly; I do not fight like a boxer beating the air. No, I strike a blow to my body and make it my slave so that after I have preached to others, I myself will not be disqualified for the prize. **1 Corinthians 9:24-27**