







all things
new
New Body
2 Corinthians 5:17

Marriage Weight

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- B. 9 pounds
- C. 5 pounds
- D. 22 pounds

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According to the same article, who gain more weight in the 1st year marriage, [men or women](#)? And how much respectively?

- A. men—10 lbs / women—7 lbs
- B. men—22 lbs / women—13 lbs
- C. women—10 lbs / men—7 lbs
- D. women—22 lbs / men—13 lbs

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The old life is gone; a new life has begun!

2 Corinthians 5:17b

¹For we know that when this earthly tent we live in is taken down (that is, when we die and leave this earthly body), we will have a house in heaven, an eternal body made for us by God himself and not by human hands.

2 Corinthians 5:1-8 (NLT)

God has better for us (vs 1).

²We grow weary in our present bodies, and we long to put on our heavenly bodies like new clothing. ³For we will put on heavenly bodies; we will not be spirits without bodies.

2 Corinthians 5:1-8 (NLT)

⁴While we live in these earthly bodies, we groan and sigh, but it's not that we want to die and get rid of these bodies that clothe us.

2 Corinthians 5:1-8 (NLT)

Sometimes we can hardly wait to move -
and so we cry out in frustration.

2 Corinthians 5:4 (MSG)

We must eagerly desire the
better God has for us (vs 2-4).

Rather, we want to put on our new bodies
so that these dying bodies will be
swallowed up by life. ⁵God himself has
prepared us for this, and as a guarantee
he has given us his Holy Spirit.

2 Corinthians 5:1-8 (NLT)

God has given us everything we need to succeed (vs. 5).

How do we get new bodies (or become a new person)?

ILLUSTRATION: Michelangelo's sculpture story

One way to discover the sculpture God sees in you is **FASTING.**

Why We Fast

- 1. Humbling ourselves brings us closer to God
- 2. Empowers the person and church for spiritual warfare.
- 3. Taking the fight to the enemy

Understanding Daniel's Fasting

- 1. Daniel 1:1-16
(examination & judgment)
- 2. Daniel 10:1-8
(hear God's voice for clarity and direction)

⁸But Daniel was determined not to defile himself by eating the food and wine given to them by the king. He asked the chief of staff for permission not to eat these unacceptable foods. ⁹Now God had given the chief of staff both respect and affection for Daniel. ¹⁰But

Daniel 1:1-16 (NLT)

he responded, "I am afraid of my lord the king, who has ordered that you eat this food and wine. If you become pale and thin compared to the other youths your age, I am afraid the king will have me beheaded."¹¹Daniel spoke with the attendant who had been appointed by the chief of staff to look after Daniel, Hananiah, Mishael, and

Daniel 1:1-16 (NLT)

Azariah.¹²"Please test us for ten days on a diet of vegetables and water," Daniel said.¹³"At the end of the ten days, see how we look compared to the other young men who are eating the king's food. Then make your decision in light of what you see."¹⁴The attendant agreed to Daniel's suggestion and tested them for ten days.

Daniel 1:1-16 (NLT)

Significance of the number 10 (biblestudy.org)

Passover lamb selected on day 10 of the 1st month (Exodus 12:3)

Day of Atonement on the day 10 of the deventh month

10 generations of man before Noah and the flood

13At the end of the ten days, Daniel and his three friends looked healthier and better nourished than the young men who had been eating the food assigned by the king. **14**So after that, the attendant fed them only vegetables instead of the food and wine provided for the others.

Daniel 1:1-16 (NLT)



FASTING — A REAL LIFE APPLICATION

1. Write down the food that is hard to give up.
2. Write down the sin that you struggle with most.
3. Name the food in #1 with the name of the sin in #2.

Corporate Fasting - Prayer Focuses

God raises up a generation of disciples who aren't afraid to live and stand for their faith.

God brings souls to salvation in Fargo-Moorhead

God purges the wickedness that sits at the underbelly of our nation.

Corporate Fasting - Prayer Focuses

The restoration of biblical marriage and family to the center of society

God raises up godly leaders with integrity to uphold righteousness.

Protection from church division and deception in this election year.

Corporate Fasting - Prayer Focuses

Revival. YOUR kingdom come...YOUR will be done!

Compared to what's coming, living conditions around here seem like a stopover in an unfurnished shack, and we're tired of it! We've been given a glimpse of the real thing, our true home, **our resurrection bodies!**

2 Corinthians 5:2-4 (MSG)

The future God has for us is better than our present (vs. 6-8).
