



“...most drivers take longer to leave a parking stall...if they know someone else is waiting for it.”

Barry Ruback and Daniel Juieng,  
"Territorial Defense in Parking Lots"

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**Matthew 6:1**

**“Be careful not to do your ‘acts of righteousness’ before men, to be seen by them. If you do, you will have no reward from your Father in heaven.”**

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**Matthew 5:22**

**But I tell you that anyone who is angry with his brother will be subject to judgment.**

**Matthew 5:24**

**First go and be reconciled to your brother; then come and offer your gift.**

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## **Matthew 5:28**

**But I tell you that anyone who looks at a woman lustfully has already committed adultery with her in his heart.**

## **Matthew 5:30**

**And if your right hand causes you to sin, cut it off and throw it away.**



## Matthew 6:2

“So when you give to the needy, do not announce it with trumpets, as the hypocrites do in the synagogues and on the streets, to be honored by men. I tell you the truth, they have received their reward in full.

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## Matthew 6:6

But when you pray, go into your room, close the door and pray to your Father, who is unseen.

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# MAKE ROOM IN YOUR LIFE FOR GOD

**Matthew 6:1**

**“Be careful not to do your ‘acts of righteousness’ before men, to be seen by them. If you do, you will have no reward from your Father in heaven.**

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## Matthew 6:16 - 18

“When you fast, do not look somber as the hypocrites do, for they disfigure their faces to show men they are fasting. I tell you the truth, they have received their reward in full.

<sup>17</sup>But when you fast, put oil on your head and **wash your face**, <sup>18</sup>so that it will not be obvious to men that you are fasting...



## Matthew 6:18

so that it will not be obvious to men that you are fasting, but only to your Father, who is unseen; and your Father, who sees what is done in secret, will reward you.

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NEW YORK TIMES BESTSELLER

# Present — OVER — PERFECT

LEAVING BEHIND FRANTIC  
FOR A SIMPLER, MORE SOULFUL  
WAY OF LIVING

SHAUNA NIEQUIST  
FOREWORD BY BRENE BROWN



*“...if you’re not careful with your yeses, you start to say no to some very important things without even realizing it.”*

Shauna Niequist,  
Present over Perfect:  
Leaving Behind Frantic for a Simpler,  
More Soulful Life.

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***“...if you, like me, have said too many yeses, and found that all that hopeful, exciting, wide-open intention has actually left you scraped raw and empty, the word that can change everything is no.”***

**Shauna Niequist,  
Present over Perfect:  
Leaving Behind Frantic for a Simpler,  
More Soulful Life.**



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SHAUNA NIEQUIST  
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***“But no became the scalpel I wielded as I remade my life— slicing through the tender tissue of what needed to go and what I wanted to remain.”***

**Shauna Niequist,  
Present over Perfect:  
Leaving Behind Frantic for a Simpler,  
More Soulful Life.**

## Genesis 39:9

No one is greater in this house than I am. My master has withheld nothing from me except you, because you are his wife. How then could I do such a wicked thing and sin against God?"

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## Daniel 3:15

Now when you hear the sound of the horn, flute, zither, lyre, harp, pipes and all kinds of music, if you are ready to fall down and worship the image I made, very good. But if you do not worship it, you will be thrown immediately into a blazing furnace.

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# 1 Kings 19:8

So he got up and ate and drank. Strengthened by that food, he traveled forty days and forty nights until he reached Horeb, the mountain of God.

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## Nehemiah 6:3 - 4

“I am carrying on a great project and cannot go down. Why should the work stop while I leave it and go down to you?”<sup>4</sup> Four times they sent me the same message, and each time I gave them the same answer.

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Until you know, you won't say "no."

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We've got to say no  
before we can ever hope to say yes.

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If we say no to a lesser good  
we can say yes to our greater God.

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## Matthew 3:17

And a voice from heaven said, “This is my Son, whom I love; with him I am well pleased.”

## Matthew 4:1 - 2

Then Jesus was led by the Spirit into the desert to be tempted by the devil. <sup>2</sup>After fasting forty days and forty nights, he was hungry.

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## Matthew 4:3

The tempter came to him and said, “If you are the Son of God, tell these stones to become bread.”

## Matthew 4:4

Jesus answered, “It is written: ‘Man does not live on bread alone, but on every word that comes from the mouth of God.’”

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## Deuteronomy 8:2 - 3

Remember how the LORD your God led you all the way in the desert these forty years...?

<sup>3</sup>He humbled you, causing you to hunger and then feeding you with manna, which neither you nor your fathers had known, to teach you that **man does not live on bread alone** but on every word that comes from the mouth of the LORD.



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.....  
MIROSLAV VOLF

# Flourishing

.....

WHY WE NEED  
RELIGION IN A  
GLOBALIZED  
WORLD

***"When we live by bread alone, there is never enough bread, not enough even when we make so much of it that some of it rots away. When we live by bread alone, every bite we take leaves a bitter aftertaste, and the more we eat the more bitter the taste; when we live by bread alone, we always want more and better bread..."***



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To fast is to temporarily stop  
consuming what you usually consume.

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# FASTING is NOT:

- A way to get God to do what you want.
- Dieting.

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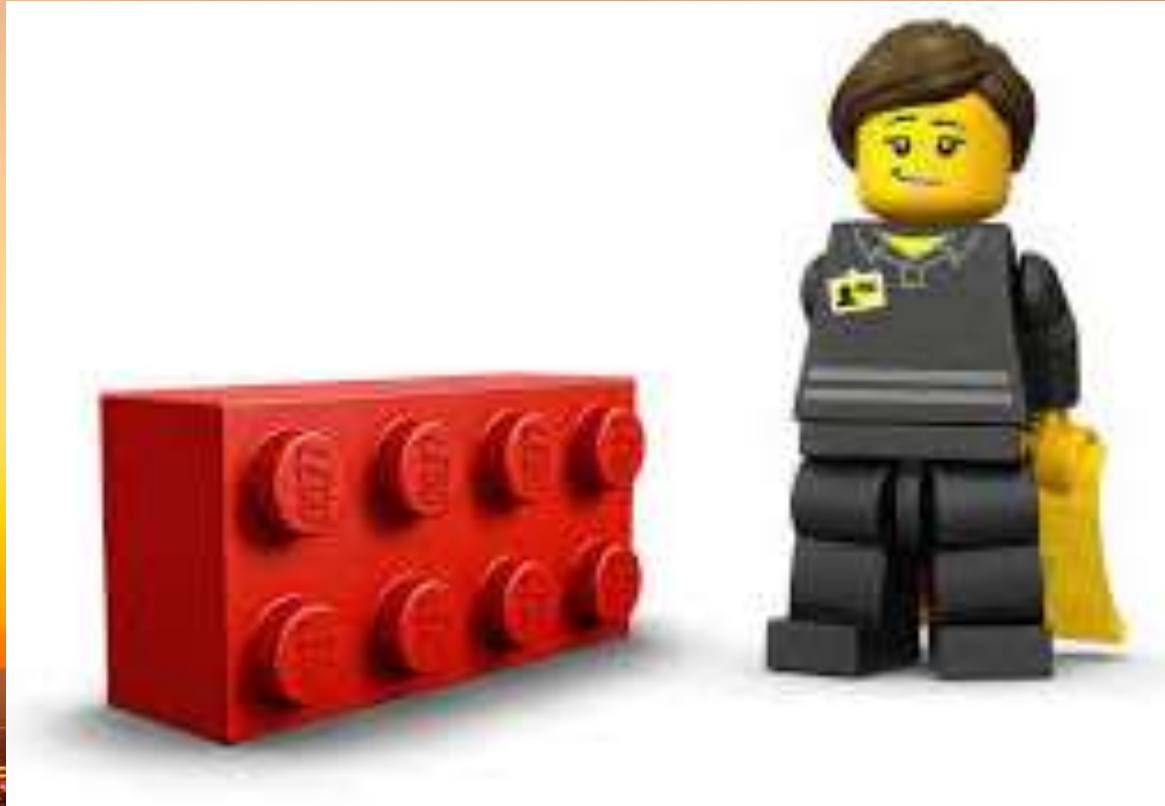






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## Matthew 4:8 - 9

Again, the devil took him to a very high mountain and showed him all the kingdoms of the world and their splendor. <sup>9</sup>“All this I will give you,” he said, “if you will bow down and worship me.”

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If you don't do much,  
you're not worth much!

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## Ecclesiastes 3:22

So I saw that there is nothing better for a man than to enjoy his work, because that is his lot.

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Doing without is fasting—  
doing less is a modified fast.

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When you stop doing what  
you always do,  
God will help you do...even  
greater things.

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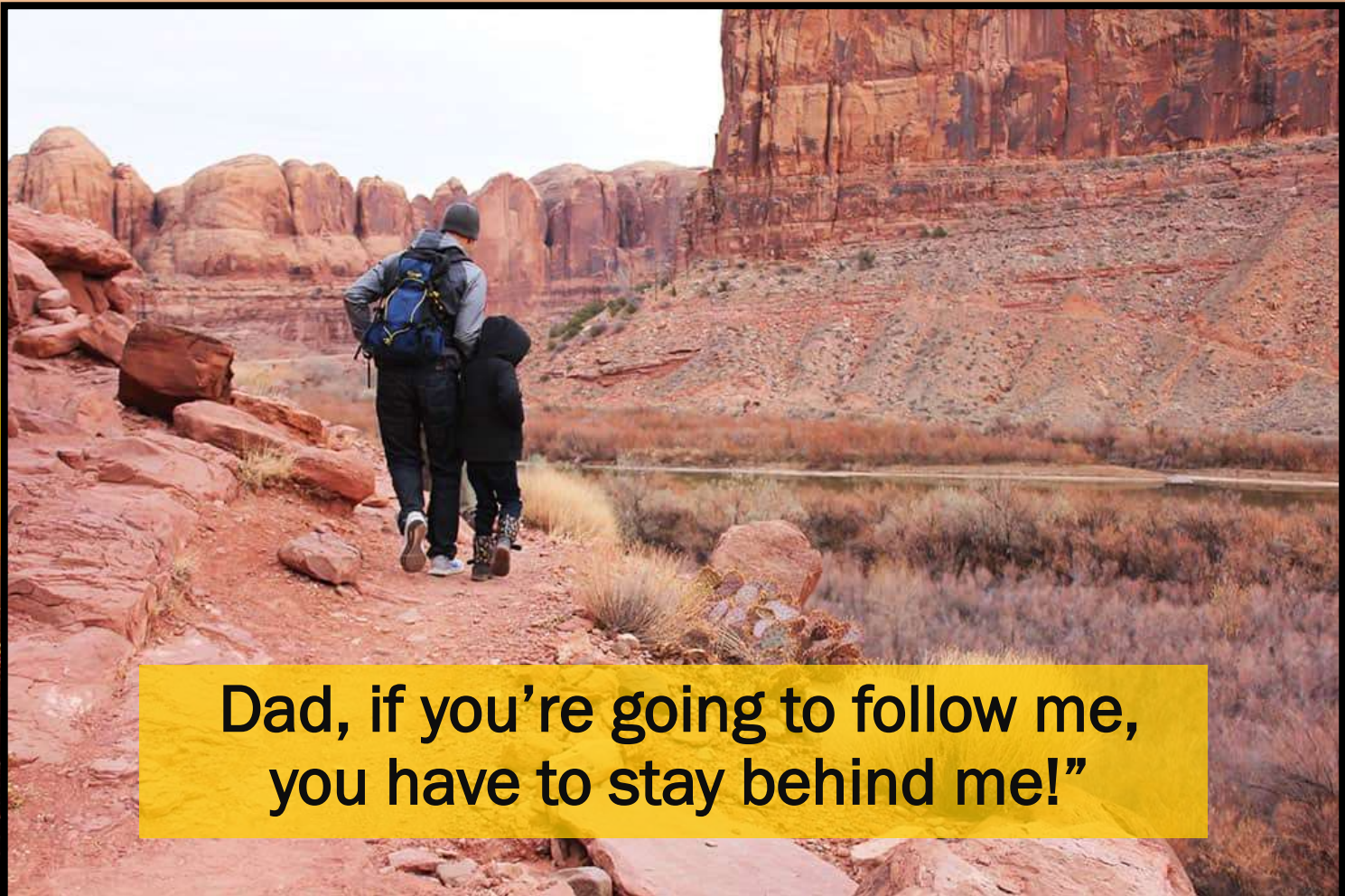
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Nothing is really important to do  
if you typically do a lot!

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**Dad, if you're going to follow me,  
you have to stay behind me!"**



**Matthew 16:24**

**Then Jesus said to his disciples, “If anyone would come after me, he must deny himself and take up his cross and follow me.**

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Matthew 6:16  
“When you fast...,”

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## Matthew 6:17 – 18

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## **Psalms 42:1 - 2**

**As the deer pants for streams of water, so my soul pants for you, O God. <sup>2</sup> My soul thirsts for God, for the living God.**

**When can I go and meet with God?**

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**Psalms 13:1**

**How long, O LORD? Will you forget me forever?**

**How long will you hide your face from me?**

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