

# VAS & GIBBELD

9 When they had heard the king, they departed; and, lo, the star, which they saw in the east, went before them, till it came and stood over where the young child was. 10 When they saw the star, they rejoiced with exceeding great joy.

11 And when they were come into the house, they saw the young child with Mary his mother, and fell down, and worshipped him: and when they had opened their treasures, they presented unto him gifts, gold, and frankincense, and myrrh. 12 And being warned of God in a dream that they should not return to Herod, they departed into their own country another way.

### The Flight to Egypt

13 And when they were departed, behold, the angel of the Lord appeareth to Joseph in a dream, saying, Arise, and take the young child and his mother, and flee into Egypt, and be thou there until I bring thee word: for Herod will seek the young child to destroy him.

14 When he arose, he took the young child and his mother by night, and departed into Egypt: and was there until the death of Herod: that it might be fulfilled which was spoken by the prophet, saying, Out of Egypt have I called my son.

16 Then Herod, when he saw that he was mocked of the wise men, exceedingly wrath, and slew all the children that were in the house, and in all the coast round about, from two years old and under, according to the time which he had diligently enquired. 17 Then was fulfilled that which was spoken by Jeremias the prophet, saying, 18 In Ramah was there a voice heard, lamentation, and weeping, and great mourning, Rachel weeping for her children, and would not be comforted, because they are not.

### The Return to Nazareth

19 But when Herod was dead, behold, an angel of the Lord appeareth in a dream to Joseph, saying, 20 Saying, Arise, and take the young child and his mother, and go into the land of Israhel: for they are dead which sought the young child's life.

21 And he arose, and took the young child and his mother, and came into the land of Israhel. 22 But when he heard that Archelaus did reign in Judaea in the room of his father Herod, he was afraid to go thither: notwithstanding, being warned of God in

a dream, he turned aside into the parts of Galilee.

23 And he came and dwelt in a city called Nazareth: that it might be fulfilled which was spoken by the prophets, He shall be called a Nazarene.

### John the Baptist's Ministry

3 In those days came John the Baptist, preaching in the wilderness of Judaea. 2 And saying, Repent ye: for the kingdom of heaven is at hand.

3 For this is he that was spoken of by the prophet Esaias, saying, The voice of one crying in the wilderness, Prepare ye the way of the Lord, make his paths straight.

4 And the same John had his raiment of camel's hair, and a leathern girdle about his loins; and his meat was locusts and wild honey.

5 Then went out to him Jerusalems, and all Judaea, and all the region round about Jordan.

6 And were baptized of him in Jordan, confessing their sins.

7 But when he saw many of the Pharisees and Sadducees come to his baptism, he said unto them, O generation of vipers, who hear, and obey not: how shall I baptize you, when ye see not the fruit of repentance?

8 And he saith unto them, Bring forth therefore the fruit of repentance. And think not to say within yourselves, We have Abraham to our father: for I say unto you, that these things shall be added unto you.

9 And he saith unto them, Now also the axe is laid unto the root of the trees: every tree therefore which bringeth not forth good fruit is hewn down, and cast into the fire.

11 I indeed baptize you with water unto repentance: but he that cometh after me is mightier than I, whose shoes I am not worthy to bear: he shall baptize you with the Holy Ghost, and with fire.

12 Whose fan is in his hand, and he will thoroughly purge his floor, and gather his wheat into the garner; but he will burn up the chaff with unquenchable fire.

13 Then cometh Jesus from Galilee to Jordan unto John, to be baptized of him. 14 But John forbad him, saying, I have need to be baptized of thee, and comest thou to me?

15 And Jesus answering said unto him, Suffer it to be so now: for thus it becometh us to fulfil all righteousness. Then he suffered him.

16 And Jesus, when he was baptized, went up straightway out of the water: and

he saw the Spirit of God descending like a dove, and lighting upon him: and he saw the heavens opened unto him, and he saw the Spirit of God descending like a dove, and lighting upon him. 17 And lo a voice from heaven, saying, This is my beloved Son, in whom I am well pleased.

### The Three Temptations of Jesus

4 Then was Jesus led up of the spirit into the wilderness to be tempted of the devil.

5 And when he had fasted forty days and forty nights, he was afterward an hungred.

6 And when the tempter came to him, he said, If thou be the Son of God, command that these stones be made bread.

7 But he answered and said, It is written, Man shall not live by bread alone, but by every word that proceedeth out of the mouth of God.

8 Then the devil taketh him up into the holy city, and setteth him on a pinnacle of the temple.

9 And saith unto him, If thou be the Son of God, cast thyself down: for it is written, He shall give his angels charge concerning thee: and in their hands they shall bear thee up, lest at any time thou dash thy foot against a stone.

10 Je'sus said unto him, It is written again, Thou shalt not tempt the Lord thy God.

11 And he saith unto him, If thou be the Son of God, throw thyself down from hence: for it is written, I will command my angels of thee, if thou wilt, that they shall bear thee up, and thou shalt not dash thy foot against a stone.

12 Now when Jesus had heard that John was cast into prison, he departed into Galilee.

13 And leaving Nazareth, he came and dwelt in Capernaum, which is upon the sea coast, in the borders of Zabulon and Nephthalim.

14 That it might be fulfilled which was spoken by Esaias the prophet, saying, 15 The land of Zabulon, and the land of Nephthalim, by the way of the sea, beyond Jordan, Galilee of the Gentiles.

16 The people which sat in darkness saw great light; and to them which sat in the region and shadow of death light is sprung up.

### The Preaching Ministry of Jesus

12 Now when Je'sus had heard that John was cast into prison, he departed into Galilee.

13 And leaving Nazareth, he came and dwelt in Capernaum, which is upon the sea coast, in the borders of Zabulon and Nephthalim.

14 That it might be fulfilled which was spoken by Esaias the prophet, saying, 15 The land of Zabulon, and the land of Nephthalim, by the way of the sea, beyond Jordan, Galilee of the Gentiles.

16 The people which sat in darkness saw great light; and to them which sat in the region and shadow of death light is sprung up.

17 From that time Je'sus began to preach, and to say, Repent for the kingdom of heaven is at hand.

### The Calling of the First Four Disciples

18 And Je'sus, walking by the sea of Galilee, saw two brethren, Simon called Peter, and Andrew his brother, casting a net into the sea: for they were fishers.

19 And he saith unto them, Follow me, and I will make you fishers of men.

20 And they straightway left their nets, and followed him.

21 And going on from thence, he saw other two brethren, James the son of Zebedee, and John his brother, in a ship with Zebedee their father, mending their nets; and he called them.

22 And they immediately left the ship and their father, and followed him.

### The Healing Ministry of Jesus

23 And Je'sus went about all Galilee, teaching in their synagogues, and preaching the gospel of the kingdom, and healing all manner of sickness and all manner of disease among the people.

24 And his fame went throughout all Syria, and they brought unto him all sick people that were taken with divers diseases, and those which were palsy, and those which were lame, and those which had the

25 And he followed great multitudes of people from Galilee, and from Decapolis, and from Jerusalem, and from Idumea, and from beyond Jordan.

26 And he went up into a mountain, and when he was set, his disciples came unto him.

27 And he opened his mouth, and taught them, saying, 28 Blessed are the poor in spirit: for theirs is the kingdom of heaven.

29 Blessed are they that mourn: for they shall be comforted.

30 Blessed are they which do hunger and thirst after righteousness: for they shall be filled.

31 Blessed are the merciful: for they shall obtain mercy.

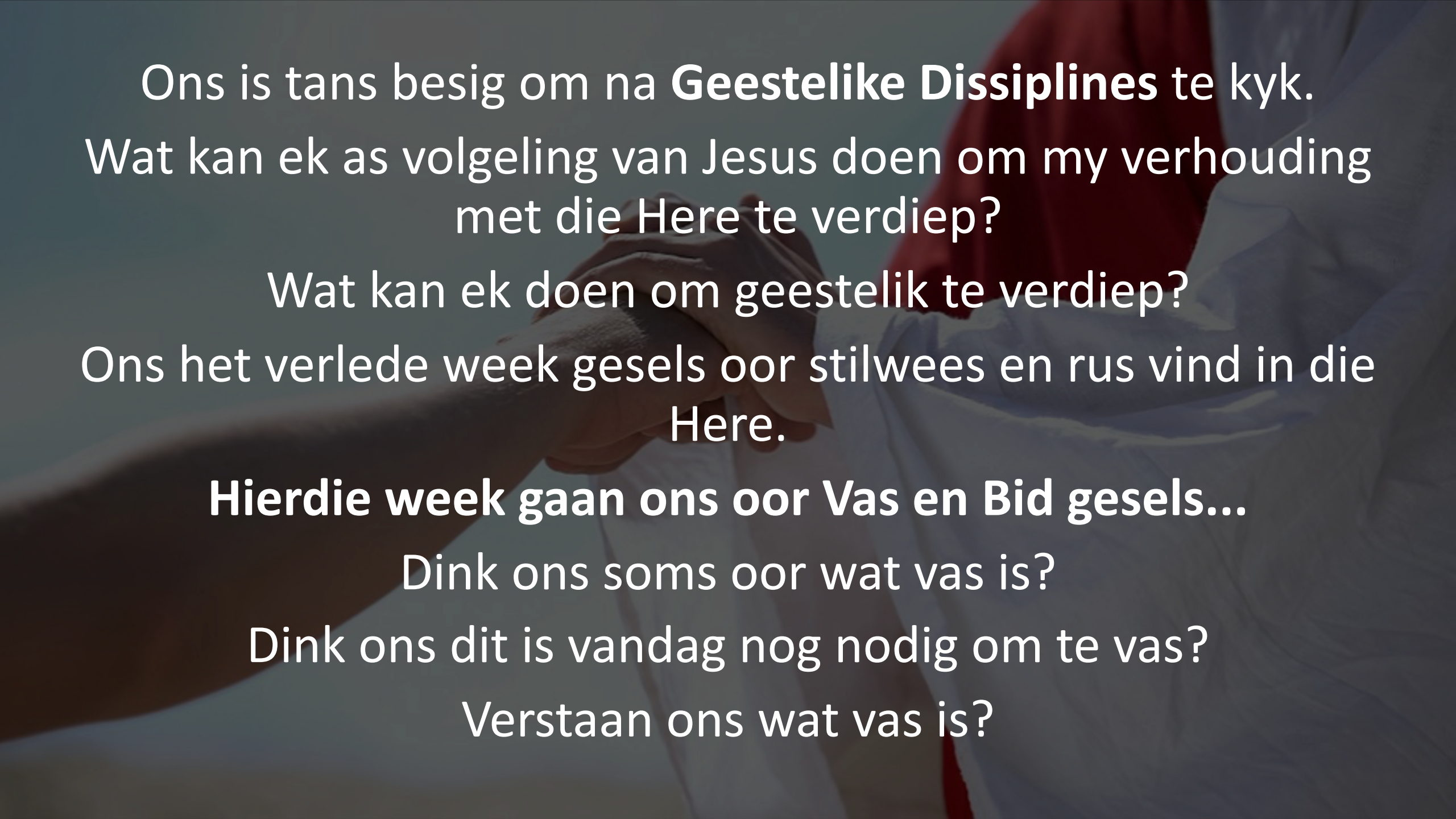
32 Blessed are the pure in heart: for they shall see God.

33 Blessed are the peacemakers: for they shall be called the children of God.

34 Blessed are they which are persecuted for righteousness' sake: for theirs is the kingdom of heaven.

35 Blessed are ye, when men shall revile





Ons is tans besig om na **Geestelike Dissiplines** te kyk.  
Wat kan ek as volgeling van Jesus doen om my verhouding  
met die Here te verdiep?

Wat kan ek doen om geestelik te verdiep?

Ons het verlede week gesels oor stilwees en rus vind in die  
Here.

**Hierdie week gaan ons oor Vas en Bid gesels...**

Dink ons soms oor wat vas is?

Dink ons dit is vandag nog nodig om te vas?

Verstaan ons wat vas is?

**Vas is iets waarvan ons gereeld in die Bybel lees, soms oor praat, maar amper nooit toepas in ons lewens as volgelinge van Jesus nie.**

**Hoekom is dit so?**

**Dit is asof ons bang geraak het om daaroor te praat, bang om daaroor te wonder, bang om daaraan te dink?**

**Vas is 'n baie belangrike Geestelike Dissipline en om dit goed toe te pas moet ons dit goed verstaan.**



**Ons wil graag 'n lewende, intieme  
verhouding met God hê.**

**Ons wil op God vertrou en op Hom staat  
maak, in die lekker en maklike tye, asook  
in die moelike tye.**

**Ons wil God ken en vir Hom lewe.**

**Ons wil in die wil van God lewe.**



**Ons kan in die wil van die Here lewe en Hom leer ken en 'n verhouding met Hom bou deur die Bybel te lees, en dan natuurlik deur om te bid, en om ons te leer hoe om op die Here staat te maak en onself oor te gee vir Hom moet ons leer van vas en gebed.**

# Matteus 6

## As julle armes help

1“Moenie julle godsdienstige pligte in die openbaar nakom om deur mense gesien te word nie, want dan kry julle geen beloning van julle Vader wat in die hemel is nie.

2“As jy byvoorbeeld armes help, moet dit nie uitbasuin nie. Dit doen die skynheiliges in die sinagoges en op straat, sodat mense met lof van hulle kan praat. Dit verseker Ek julle: Hulle het hulle beloning klaar weg. 3Nee, as jy iets vir die armes gee, moet jou linkerhand nie weet wat jou regterhand doen nie, 4sodat jou goeie daad verborge kan bly. Jou Vader wat sien wat verborge is, sal jou beloon.”

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## As julle bid

5“Verder, as julle bid, moet julle nie soos die skynheiliges wees nie. Hulle hou daarvan om in die sinagoges en op die straathoeke te staan en bid sodat die mense hulle kan sien. Dit verseker Ek julle: Hulle het hulle beloning klaar weg. 6Nee, as jy bid, gaan na jou kamer toe, maak die deur toe en bid tot jou Vader wat jy nie kan sien nie. Jou Vader wat sien wat verborge is, sal jou beloon.

7“Wanneer julle bid, moet julle nie soos die heidene 'n stortvloed van woorde gebruik nie. Hulle verbeel hulle hulle gebede sal verhoor word omdat hulle baie woorde gebruik. 8Moet dan nie soos hulle maak nie, want julle Vader weet wat julle nodig het, nog voordat julle dit van Hom vra.

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9“So moet julle bid:

“Ons Vader wat in die hemel is, laat u Naam geheilig word;

10laat u koninkryk kom; laat u wil ook op die aarde geskied, net soos in die hemel. 11Gee ons vandag ons daaglikse brood;

12en vergeef ons ons oortredings soos ons ook dié vergewe wat teen ons oortree; 13en laat ons nie in versoeking kom nie maar verlos ons van die Bose. Aan U behoort die koninkryk en die krag en die heerlikheid tot in ewigheid. Amen.”

14“As julle ander mense hulle oortredings vergewe, sal julle hemelse Vader julle ook vergewe. 15Maar as julle ander mense nie vergewe nie, sal julle Vader julle ook nie julle oortredings vergewe nie.”



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## As julle vas

**16**“As julle vas, moet julle nie soos skynheiliges met lang gesigte rondloop nie. Hulle mismaak hulle gesigte sodat die mense kan sien dat hulle vas. Dit verseker Ek julle: Hulle het hulle beloning klaar weg. **17**Nee, as jy vas, versorg jou hare en was jou gesig **18**sodat niemand kan sien dat jy vas nie, behalwe jou Vader wat jy nie kan sien nie. Jou Vader wat sien wat verborge is, sal jou beloon.”



**Jesus preek hier vir 'n klomp mense by die berg prediking. Mense het van ver af gekom om vir Jesus te hoor praat nadat hulle van al die wonderwerke gehoor het wat Hy gedoen het. Al Sy dissipels was daar, en met al hierdie mense daar leer Jesus vir hulle ware Christelike waardes en beginsels tot 'n opregte lewe en hoe om 'n Christen te wees.**



**Sien julle dat Jesus oor "gee, bid, vergifnis en vas" praat met 'n verwagting dat Sy volgelinge dit gaan doen?**

**Is ons besig om volgens hierdie maatstaf te lewe?**



**WAT IS VAS?**

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**VAS is 'n geestelike  
dissipline waar ons vir 'n  
spesifieke doel en vir 'n  
spesifieke tyd nie  
afhanklik is van kos nie,  
maar afhanklik is van  
God.**

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**HOEKOM VAS ONS?**

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**Vas laat ons die wil van die Here  
verstaan en bid eerder as om vir ons  
eie wil te bid. Vas laat die Heilige  
Gees kragtig werk deur ons  
toegewyde gebede.**

# Jesaja

## 58:6

**6ls die vas wat Ek wil hê, nie  
dít nie:**

**om dié wat onregverdig  
gevange gehou word, te  
bevry,**

**om die juk wat op mense  
druk, af te haal,**

**om verdruktes vry te maak,  
om elke juk te breek?**





Hoekom is dit  
belangrik om te vas?

## Eksodus 34:28

**28**Moses was veertig dae en nagte by die Here. In dié tyd het Moses geen kos geëet of water gedrink nie. Hy het die verbondsbepalings, die tien gebooie, op die plat klippe geskryf.



## 2 Kronieke 20

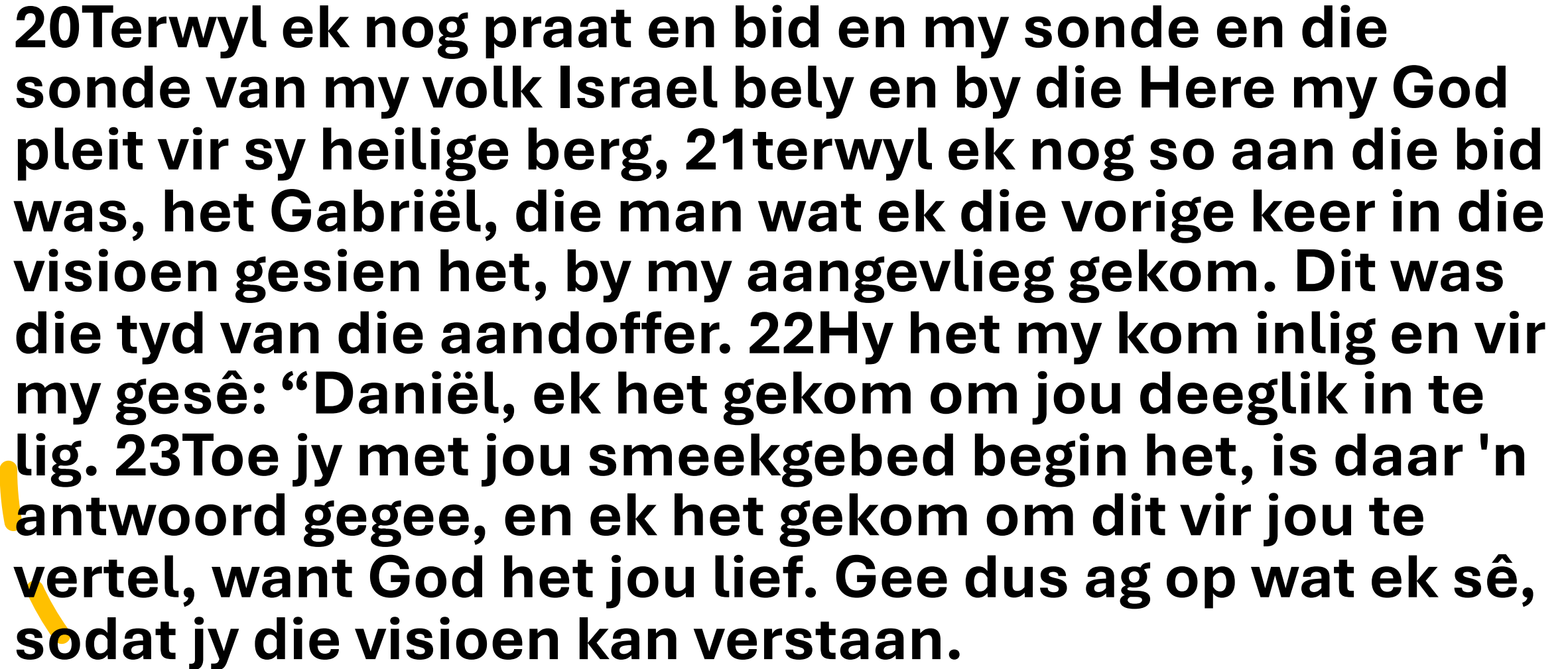
**2**Josafat het berig gekry: “'n Groot menigte van oorkant die Dooie See, van Edom af, het teen u opgetrek. Hulle is al by Gaseson-Tamar, dit is En-Gedi.”

**3**Josafat was bang en het by die Here hulp gesoek. Hy het 'n vasdag in die hele Juda uitgeroep, **4**en die Judeërs het bymekaargekom om die hulp van die Here te vra. Uit al die stede van Juda het hulle gekom om die Here se hulp te vra.

## Daniël 9

**2**In sy eerste regeringsjaar het ek, Daniël, uit die Skrifte vasgestel dat volgens die woord van die Here wat tot die profeet Jeremia gekom het, Jerusalem sewentig volle jare 'n puinhoop sou wees. **3**Daarom het ek my na die Here God gewend in gebed en smeking: ek het gevas, rouklere aangetrek en as oor my kop gegooi.

**4**Ek het tot die Here my God gebid en bely:



**20**Terwyl ek nog praat en bid en my sonde en die sonde van my volk Israel bely en by die Here my God pleit vir sy heilige berg, **21**terwyl ek nog so aan die bid was, het Gabriël, die man wat ek die vorige keer in die visioen gesien het, by my aangevlieg gekom. Dit was die tyd van die aandoffer. **22**Hy het my kom inlig en vir my gesê: “Daniël, ek het gekom om jou deeglik in te lig. **23**Toe jy met jou smeekgebed begin het, is daar 'n antwoord gegee, en ek het gekom om dit vir jou te vertel, want God het jou lief. Gee dus ag op wat ek sê, sodat jy die visioen kan verstaan.

# Nehemia 1:4

**4By die aanhoor van dié  
woorde het ek gaan sit en  
gehuil en dae lank getreur. Ek  
het gevas en tot die God van  
die hemel gebid.**



## Lukas 4:1-2

**1**Jesus het vol van die Heilige Gees van die Jordaan af teruggekom, en deur die Gees is Hy na die woestyn toe gelei, **2**waar Hy veertig dae lank deur die duiwel versoek is. Die hele tyd het Hy niks geëet nie, sodat Hy aan die einde daarvan honger was.



**Ons lees so baie van mense wat gevas het voordat iets  
groots gebeur het, soos Moses wat gevas het vir 40 dae  
net voor hy die 10 gebooie ontvang het.**

**Die Israeliete het gevas voor hulle 'n oorwinning gekry  
het.**

**Daniël het gevas om leiding van die Here af te kry.**

**Nehemia het gevas voor sy groot bou projek.**

**Jesus het 40 dae lank gevas terwyl Hy versoekings  
oorwin het en net voor Sy bediening begin het om Hom  
voor te berei.**



**Wat moet ek VAS en hoe lank  
moet ek vas?**

**Daar is klomp verskillende vasse en die tyd word deur die Heilige Gees bepaal, of deur die omstandighede.**

**Vas kan van alle kos wees, of 'n "gedeeltelike vas" kan van 'n sekere ete wees, of van 'n seker kos soort of groep.**

**Moses het geen kos geëet nie vir 40 dae voor  
hy die 10 gebooie gekry het.**

**Jesus het geen kos geëet nie vir 40 dae voor  
Sy bediening begin het.**

**Daniël het net groente geëet todat die tyd  
gekom het om homself te bewys aan die  
koning.**

**Nehemia het geen kos geëet nie terwyl hy  
toegewyde gebede gebid het voor sy groot  
bou projek.**

A photograph of a person reading a Bible with their hands clasped in prayer. The image is overlaid with a dark blue semi-transparent rectangle. The text "PRAYER & FASTING" is centered in white, bold, sans-serif font. The ampersand is a decorative, calligraphic style. Two white horizontal lines with a central white bar are positioned above and below the text.

**PRAYER & FASTING**

**Die vraag is: vir wat vas ons? en hoe vas ons?**

**Dalk is daar 'n familie krisis wat net God kan uitsorteer, of 'n vriend wat 'n rowwe lewe leef wat rigting nodig het, of 'n kind wat siek is of iemand wat sukkel. Daar kan 'n klomp redes wees waarvoor ons kan vas.**

**As jy nie weet waarvoor jy kan vas nie, vas dan vir jou verhouding met die Here en 'n verdieping in jou geestelike lewe met God.**

**Vas gaan oor toewyding aan die Here. Dit is vir Sy glorie en vir Sy wil wat ons vas.**

**Wat jy vas moet jy self bepaal. Vas is om van kos te staak. So dit kan net een ete wees, of 'n dag se etes, of 3 dae of 7 dae. Die tydperk van die vas moet jy bepaal voor jy begin vas, want die vas moet doelgerig wees. Vas vir 'n spesifieke rede en vir 'n spesifieke tyd.**

**En onthou om te bid gedurende jou vas.**

