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# A Hunger For God

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## WEDNESDAY NIGHT BIBLE STUDY....

- Came across scripture about **Prayer & Fasting**
- Don't hear from pulpit about Fasting often.... There's a lack of understanding
- Not encouraged or practiced very often

Not familiar with FASTING think of it as:



**REMOVING SOMETHING FROM YOUR LIFE,  
SO THAT YOU CAN INSERT MORE OF GOD**

- People remove food and water for a time
- Instead, they Pray and seek God during that time

**Throughout Bible people Fasted and Prayed for various reasons and in each case there was a greater presence of God in their lives**

- Greater Wisdom and Understanding
- Deeper sorrow and repentance
- Direction and Clarity
- Mightier Power
- God Filled Life!

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Removing something from your life so that you can insert MORE of God

## More of God is GOOD!

- Can you use MORE of God in your life??
- Would your life BENEFIT and GROW with more of God in it??



## FASTING PREPARES YOU TO CONNECT MORE WITH GOD

It's denying our flesh in order that our Spirit may Prosper

- If you have huge Sporting Event.....  
the time you used for watching TV you took for PRACTICE
- A very important Test.....  
the time used for Internet browsing you STUDY
- Trying out for American Idol..... **GIVE IT UP!!!**  
time used for talking on the phone you use for SINGING!!

The more you Practice & Study.....  
the better you're gonna be when you show up

**FASTING PREPARES YOU TO CONNECT WITH GOD MORE**

I want to give a very simplified yet practical teaching on Fasting  
for the purpose of filling our lives with more of God

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QUICKLY

## FIRST... **Some Things Biblical Fasting IS NOT**

*The purpose of fasting is:*



**NOT** to lose weight or Cleanse body of impurities

- Fasting is DENYING our fleshly appetite
- It's not about our Bodies..... It's about your Spirit

*The purpose of fasting is:*



**NOT** impressing God or Earning His favor

- He cannot love you more

*The purpose of fasting is:*



**NOT** Penitence or punishment for our sins

- NOT trying to Convince God to forgive us
- That would be works.... Salvation is by Grace
- NOT punishing our flesh

*The purpose of fasting is:*



**NOT** a way to Get God to Do what we want

- Fasting changes us, not God.
- NOT way of manipulating God into doing what you desire

**FASTING IS...** simply forcing yourself to focus and rely on God for the strength, provision, and wisdom you need.... Instead of relying on yourself!

- It should be to take our eyes off the things of this world and focus our thoughts on God



## The Desire We Have For God Is SHARED With Many Things

I believe most here desire to be MORE Intimate..  
 MORE Devoted..  
 CLOSER to God. But something gets in the way.

John Piper wrote:

*"The weakness of our hunger for God [exists] because we keep ourselves stuffed with other things."*

- In other words:  
 we're so full on Food, Work, Raising Family, Entertainment...  
 .....we have no appetite for God!

- Is there something wrong with these things??.... **NO!**

- Because these things are NOT bad...  
 we don't realize they're the blame for our LACK of Spiritual Hunger

*"Good because the thief of Best"*

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( EXAMPLE: Homemade Beef & Noodle dinner )

In the same way... we can nibble on

Computers, Web, TV, Work, School, Building business, Hobbies, Exercising,  
 Home Repair, even our Christian activity..... ALL GOOD!

But taken together, they can leave us so full we have no room  
 for quality time with God

**FASTING** is merely a **TOOL**

It's a TOOL the God has given us to increase our Hunger and Dependency on God

**FASTING or REMOVING any combination of good things for a period of time... will allow you to SPEND more time or INSERT more of God in your life**

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Mentioned earlier that Fasting helps Prepare you to Hear from God... Helps Spiritually  
I want to give you 3 Easy Tips to help you get the most out of your fast



## #1 **HAVE A REASON FOR FASTING**

What is the most important thing you want to see God do in your life right now??

### - **It's like having an Anchor for a boat**

- Temptations come to want to break your fast
- Having reason why will KEEP you Secure & Focused on sticking

- Throughout Bible people had a reason for Fasting
- Acts 13... Church of Antioch Prayed and Fasted....



[ Acts 13.2-3 NIV ]

*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." So after they had fasted and prayed, they placed their hands on them and sent them off.*

- They had a reason for Fasting
- Wanted to know who to send for special missionary work



## #2 CHOOSE THE THING YOU ARE FASTING

What is the most important thing you want to see God do

- Where are you wasting a lot of time...??
- Being distracted away from God...??
  - TV, Internet, Video gaming, Hobbies, Exercising..??
- What is distracting you from God...??

Most important tip....



## #3 MAKE GOD THE PRIORITY

You already figured out WHY you're fasting... and WHAT you're fasting...

NOW it taking that TIME and ENERGY and connecting with God

- READ BIBLE in this Time
- Spend more time in PRAYER
- WORSHIP God in songs
- **LISTEN FOR GOD'S VOICE**

Whatever you do... make God the Priority!!!

- King David fasted for His son...
  - He did not eat or drink
  - He laid on the ground crying out to God....  
(He wasn't taking a nap)

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**There are many nuances in the World of Fasting...  
but don't get so caught up in it you don't practice it!**

### REASONS for Fasting:

- **For healing**... for yourself or another.

- **Hear God's voice clearer**

- **For help with the breaking of bondages.** He strengthens our dedication to holiness, empowering us to break free of the bondages of sin.

*Is. 58:6 says that fasting unties the cords of the yoke.* This includes those personal bondages, those sins which we can't seem to break free from... the things that keep you from giving yourself more fully to the Lord.

- **For guidance.** Fasting says, *"not my will but yours Father. I don't want you to confirm my ideas anymore but rather, 'teach me your ways Lord.'*

- **For Loved Ones Salvation**

- **FOR REVIVAL**

- **A desire for a deepened hunger for God.** *I want to know you more Lord! Fasting says, "There is nothing in me with which I can muster up passion for you Lord... but I love you so much and want to have a deeper longing and hunger after you."*

PRAY.....