



*Devote yourselves to prayer with an alert mind and a thankful heart.
Colossians 4:2*

"HUNGRY" | January 21, 2024
New Life Christian Center
Pastor David Larson | Turlock
Pastor Jeremy Moore | Patterson

Matthew 4:1-2 (NLT)

Def. of biblical fasting: the deliberate abstinence of physical gratification, for a period of time, in order to activate, or achieve, a greater spiritual goal.

1. Fasting reveals my _____ and _____ for God.

The Lord hears his people when they call to him for help. He rescues them from all their troubles. Psalm 34:17 (NLT)

"And what do you benefit if you gain the whole world but lose your own soul?" Mark 8:36 (NLT)

2. Fasting _____ the real me.

For the word of God is alive and powerful. It is sharper than the sharpest two-edged sword, cutting between soul and spirit, between joint and marrow. It exposes our innermost thoughts and desires. Nothing in all creation is hidden from God. Everything is naked and exposed before his eyes, and he is the one to whom we are accountable. Hebrews 4:12-13 (NLT)

*But if we confess our sins to him, he is faithful and just to forgive us our sins and to cleanse us from all wickedness.
1 John 1:9 (NLT)*

3. Fasting _____ me for ministry.

Now these are the gifts Christ gave to the church: the apostles, the prophets, the evangelists, and the pastors and teachers. Their responsibility is to equip God's people to do his work and build up the church, the body of Christ. Ephesians 4:11-12 (NLT)

Then Jesus was led by the Spirit into the wilderness to be tempted there by the devil. For forty days and forty nights he fasted and became very hungry. Matthew 4:1-2 (NLT)

Now these are the gifts Christ gave to the church: the apostles, the prophets, the evangelists, and the pastors and teachers. Their responsibility is to equip God's people to do his work and build up the church, the body of Christ. This will continue until we all come to such unity in our faith and knowledge of God's Son that we will be mature in the Lord, measuring up to the full and complete standard of Christ. Ephesians 4:11-13 (NLT)



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Def. of biblical fasting: the deliberate abstinence of physical gratification, for a period of time, in order to activate, or achieve, a greater spiritual goal.

1. Fasting reveals my DESPERATION and HUNGER for God.

The Lord hears his people when they call to him for help. He rescues them from all their troubles. Psalm 34:17 (NLT)

"And what do you benefit if you gain the whole world but lose your own soul?" Mark 8:36 (NLT)

2. Fasting EXPOSES the real me.

For the word of God is alive and powerful. It is sharper than the sharpest two-edged sword, cutting between soul and spirit, between joint and marrow. It exposes our innermost thoughts and desires. Nothing in all creation is hidden from God. Everything is naked and exposed before his eyes, and he is the one to whom we are accountable. Hebrews 4:12-13 (NLT)

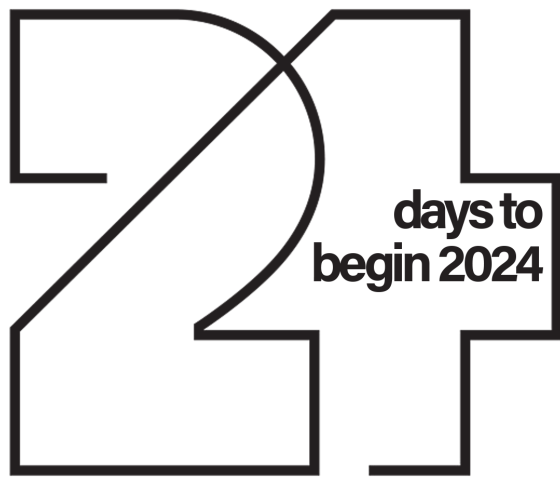
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3. Fasting PREPARES me for ministry.

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DISCUSSION QUESTIONS

JANUARY 21, 2023
“HUNGRY”

[CONNECT]

Have you ever tried intermittent fasting? A long space of time between the last meal of the day, and the first meal of the next day? If so, what were your results? Weight loss? Better sleep? Better clarity? Or...were you just “HANGRY” (Hungry + Angry)?

[ENGAGE]

What stood out to you from this weekend’s message?

[GROW]

What’s the first thing you think of when you hear the word “fast” in the Biblical sense?

What were some of the reasons people fasted in the Bible?

The definition of biblical fasting is: the deliberate abstinence of physical gratification, for a period of time, in order to activate, or achieve, a greater spiritual goal.

- Discuss this definition as how it applies to you...

What is the “why” behind fasting? In other words, why would I want to put myself through the physical and emotional pain of going without a need, in order to dive into a deeper relationship with Jesus?

Read Hebrews 4:11-12... Have you ever remodeled anything? We usually have to “gut” out the old to make room for the new. Fasting has the potential to bring to the surface some sin or ugliness that God wants to work on. What might that be in you?

The points from this message include: (Discuss how each impacted you in a personal way)

- Fasting reveals my hunger and desperation for God.
- Fasting exposes the real me.
- Fasting prepares me for ministry

[LEAD (YOURSELF)]

READ --- PRAY --- FAST --- REFLECT

How is God calling you to fast during our 24 days of prayer and fasting? This is a very personal time between you and Jesus and is not meant to be shared in a way that brings attention to you instead of your time with Him.

Also, remember your enemy, Satan, doesn’t want you drawing into a deeper relationship with Jesus, so he’s going to fight you...just like he did Jesus in Matthew 4. Expect it... be ready. But “greater is He that’s within you, than he that’s within the world.” 1 John 4:4