



Hungry
For
God

Every athlete exercises self-control in all things. They do it to receive a perishable wreath, but we an imperishable. So I do not run aimlessly; I do not box as one beating the air. But I discipline my body and keep it under control, lest after preaching to others I myself should be disqualified.

1 Corinthians 9:25-27

The Do Nots of Fasting

And when you fast, do not look gloomy like the hypocrites, for they disfigure their faces that their fasting may be seen by others. Truly, I say to you, they have received their reward. But when you fast, anoint your head and wash your face, that your fasting may not be seen by others but by your Father who is in secret. And your Father who sees in secret will reward you.

Matthew 6:16-18

Knowing What To Fast

- Ask the Lord
- Identify your purpose

(Why are you fasting? Is it for spiritual renewal, for guidance, for healing, for the resolution of problems, for special grace to handle a difficult situation? Ask the Holy Spirit to clarify His leading and objectives for your prayer fast. This will enable you to pray more specifically and strategically.

Knowing What To Fast

- Self-Examination – is there something that is taking too much of your time
- Is there something you are too dependent on or medicate yourself
- Consider what will enable you go deeper in your relationship with the Lord

What are the benefits of fasting? (The Lenten Experience pg 29)

- Fasting trains us to say no to our flesh
- Fasting reminds us of our weakness
- Fasting increases our focus

What are some additional benefits of fasting?

- Fasting can remind us of our call to be different, holy, separated from the world
- Fasting can enable us to connect with people in the world that struggle with hunger

The Reasons to Fast

- To deepen our relationship with the Lord
- To use our hungry to remind us to seek the Lord
- To train our bodies to yield to the Spirit and not to the flesh
- For a spiritual breakthrough

RICHARD J. FOSTER



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