

Hungry

Scripture: Matt. 6:16-18, 7:7-8; Isaiah 58:1-9

Scripture Memory “Ask and it will be given to you; seek and you will find; knock and the door will be opened to you. For everyone who asks receives; he who seeks finds; and to him who knocks, the door will be opened. – Matt. 7:7-8

Practices and Discipline of Prayer

- James 5:16
- 2 Cor. 10:4

Fasting: Are You Hungry?

- Matt. 6:16-18

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1. Fasting, like prayer, is about _____ and _____
 2. Fasting keeps us _____ for God and the things God is _____ for:
 - Isaiah 58:1-9
 3. Fasting reveals our _____ of God:
 - “Indulgence is the anesthetic to the things of God.” - Plantinga
 4. There is _____ in fasting:

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1. _____ of the heart
 2. Not about the length of time or the type of fast, but the growing _____ in it
 3. Believe and claim the power of Jesus beyond the _____ in our lives.

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1. When are some times we should fast?
 2. Different types of fasting:
 3. Practical aspects of fasting and challenge:

Memorization: Isaiah 58:6-9

Is not this the kind of fasting I have chosen: to loose the chains of injustice and untie the cords of the yoke, to set the oppressed free and break every yoke? Is it not to share your food with the hungry and to provide the poor wanderer with shelter – when you see the naked, to clothe him, and not to turn away from your own flesh and blood? Then your light will break forth like the dawn, and your healing will quickly appear; then your righteousness will go before you, and the glory of the Lord will be your rear guard. Then you will call, and the Lord will answer; you will cry for help, and he will say: Here am I.