



Hungry  
For  
God

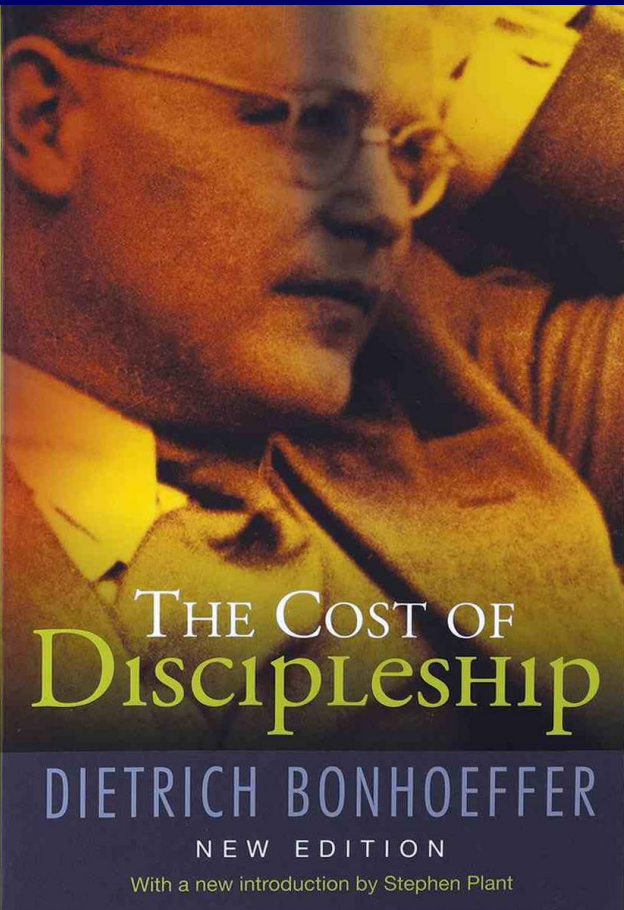
# Jesus had to learn obedience

*And Jesus increased in wisdom and in stature and in favor with God and man.*

*Luke 2:52*

*Although he was a son, he learned obedience from what he suffered and, once made perfect, he became the source of eternal salvation for all who obey him.*

*Hebrews 5:8-9*



*If there is no element of asceticism in our lives, if we give free rein to the desires of the flesh..., we shall find it hard to train for the service of Christ.”*

*Dietrich Bonhoeffer, The Cost of Discipleship*

*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
- Self-Examination – is there something that is taking too much of your time
- Consider what will enable you go deeper in your relationship with the Lord

# 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