

# HUNGRY FOR GOD

A Message on Fasting

Matthew 5:6

1. COMMUNING with God is His presentation of HIMSELF to us, and our RESPONSE to Him with JOY.
2. God comes to us with LOVE, FORGIVENESS, and COMPLETENESS, and we respond with THANKSGIVING, JOY, and OBEDIENCE.
3. Fasting is an EXPECTED practice of Christians to commune with God by drawing closer to Him and SEEKING His GUIDANCE.
4. When faced with DIFFICULT circumstances, seeking God's POWER through PRAYING and FASTING is your strongest weapon.
5. Our FLESH can be a barrier to our SPIRITUAL walk with God.
6. As you deny yourself by DECREASING your food intake and hunger for food, you INCREASE your SPIRITUAL intake from God.
7. You must know WHY you want to PRAY and FAST.
8. Prayer and fasting are COUNTER ATTACKS against the ENEMY.



Sunday, August 24, 2025

## ***Taking it further to help you THRIVE...***

THRIVE Groups are where life and growth take place. We don't want to just say "See you next week" as we leave each Sunday - we want to connect!

For more info on joining a THRIVE Group, visit [thrivekg.org/thrive-groups](http://thrivekg.org/thrive-groups).

1. Looking back at your notes from this week's teaching, was there anything that particularly caught your attention, challenged, or confused you?
2. We talked about "Communion with God" during the sermon. What does that mean to you? In what ways do you commune with God?
3. What does it mean to be Hungry for God? How can we do that?
4. Draw a line down the middle of a piece of paper. At the top of the first column write the words: "Fasting is Not." At the top of the second column write the words: "Fasting is." Fill out the two columns. Individually, fill out the two columns. Discuss this.
5. What were some of the examples of people in the Bible that fasted, and why they fasted?
6. What are some ways that our flesh can be a barrier to our spiritual walk with God?
7. Do you think it is important for Christians to fast today? Why or why not? *(Do you fast? Why or why not? This is a personal question that should not necessarily be answered in a group unless you feel called to do so.)*