

RHYTHMS



STEVE STEELE

HUNGRY FOR JESUS

MAY 5TH, 2024

“ ²⁴ Then Jesus said to his disciples, ‘Whoever wants to be my disciple must deny themselves and take up their cross and follow me.’”
 ~ MATTHEW 16:24 (NIV)

Well Fed

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Hungry for Jesus

Moses _____ ... (Deuteronomy 9:9)

Israel _____ ... (Jeremiah 36:6)

Jesus _____ ... (Matthew 4:1-2)

The Church _____ ... (Acts 13:2-3)

Jesus _____ his disciples would fast.

“ ¹⁶ And when you fast, don't make it obvious, as the hypocrites do, for they try to look miserable and disheveled so people will admire them for their fasting. I tell you the truth, that is the only reward they will ever get. ¹⁷ But when you fast, comb your hair and wash your face. ¹⁸ Then no one will notice that you are fasting, except your Father, who knows what you do in private. And your Father, who sees everything, will reward you.”
 ~ MATTHEW 6:16-18 (NLT)

WHY FAST?

To _____ ourselves to God.

“ ¹ And so, dear brothers and sisters, I plead with you to give your bodies to God because of all he has done for you. Let them be a living and holy sacrifice—the kind he will find acceptable. This is truly the way to worship him.”
 ~ ROMANS 12:1 (NLT)

Fasting is not to _____ from Jesus, but to _____ to Jesus.

To _____ in holiness.

“ ²³ Now may the God of peace make you holy in every way, and may your whole spirit and soul and body be kept blameless until our Lord Jesus Christ comes again.”
 ~ 1 THESSALONIANS 5:23 (NLT)

Fasting is not a fight against the _____ but a fight against our _____.

“ ²⁴ Those who belong to Christ Jesus have nailed the passions and desires of their sinful nature to his cross and crucified them there.”
~ GALATIANS 5:24 (NLT)

To _____ our prayers.

“ ¹ Among the prophets and teachers of the church at Antioch of Syria were Barnabas, Simeon (called “the black man”), Lucius (from Cyrene), Manaen (the childhood companion of King Herod Antipas), and Saul. ² One day as these men were worshiping the Lord and fasting, the Holy Spirit said, ‘Appoint Barnabas and Saul for the special work to which I have called them.’ ³ So after more fasting and prayer, the men laid their hands on them and sent them on their way.”
~ ACTS 13:1-3 (NLT)

Fasting is a way to _____ God, and be _____ by God.

“ ⁵ The people of Nineveh believed God’s message, and from the greatest to the least, they declared a fast and put on burlap to show their sorrow. ⁶ When the king of Nineveh heard what Jonah was saying, he stepped down from his throne and took off his royal robes. He dressed himself in burlap and sat on a heap of ashes. ⁷ Then the king and his nobles sent this decree throughout the city: ‘No one, not even the animals from your herds and flocks, may eat or drink anything at all. ⁸ People and animals alike must wear garments of mourning, and everyone must pray earnestly to God. They must turn from their evil ways and stop all their violence. ⁹ Who can tell? Perhaps even yet God will change his mind and hold back his fierce anger from destroying us.’ ¹⁰ When God saw what they had done and how they had put a stop to their evil ways, he changed his mind and did not carry out the destruction he had threatened.”
~ JONAH 3:5-10 (NLT)

To _____ with the Poor. (Isaiah 58:6-7 & Isaiah 58:3-9a)

Fasting bridges the gap between the _____ and the _____.

SO WHAT?

Fasting is _____ by Jesus or the Apostles.

“ ²⁴ Then Jesus said to his disciples, ‘Whoever wants to be my disciple must deny themselves and take up their cross and follow me.’” ~ MATTHEW 16:24 (NIV)

But... If you want to ‘ _____ ’, try it:

_____, _____, _____, & _____.

DISCUSSION Questions:

COMMUNITY GROUP VIDEOS available on the APP |      

- 1 - What kinds of foods would you never give up? What would be easy to give up?
- 2 - What is the longest you have ever gone without food? Why? How did your body, and mind react?
- 3 - What fears or concerns do you have about trying the Spiritual discipline of fasting?
- 4 - Read 1 Thessalonians 5:23, and Romans 12:1. What do you think about the Idea of using fasting to change your heart toward God and sin?
- 5 - Read Galatians 5:24. What is an area of your life where your willpower is failing and you are praying for the grace to change?
- 6 - Read Isaiah 58:3-9. What are some Ideas on how you can connect fasting with making a difference for the poor?
- 7 - Do you think you will actually try fasting? Why or why not? (Be honest)

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