

## **2025\_3\_23 Various\_Sacred Hunger**

1.

2. Moses was there with the LORD forty days and forty nights; he did not eat food or drink water. He wrote the Ten Commandments, the words of the covenant, on the tablets.

Exodus 34v28

3. This is to be a permanent statute for you: In the seventh month, on the tenth day of the month you are to practice self-denial and do no work, both the native and the alien who resides among you.

Leviticus 16v29

4. The whole Israelite army went to Bethel where they wept and sat before the LORD. They fasted that day until evening and offered burnt offerings and fellowship offerings to the LORD.

Judges 20v26

5. Whenever Elkanah offered a sacrifice, he always gave portions of the meat to his wife Peninnah and to each of her sons and daughters. But he gave a double portion to Hannah, for he loved her even though the LORD had kept her from conceiving. Her rival would taunt her severely just to provoke her, because the LORD had kept Hannah from conceiving. Year after year, when she went up to the LORD's house, her rival taunted her in this way. Hannah would weep and would not eat. "Hannah, why are you crying?" her husband, Elkanah, would ask. "Why won't you eat? Why are you troubled? Am I not better to you than ten sons?"

1 Samuel 1v4-8

6. David pleaded with God for the boy. He fasted, went home, and spent the night lying on the ground. The elders of his house stood beside him to get him up from the ground, but he was unwilling and would not eat anything with them.

2 Samuel 12v16-23

7. God sent Elijah to deliver words of judgement upon an evil king, Ahab. Ahab was so torn up about the consequences of his sin, he began to repent. When Ahab heard these words, he tore his clothes, put sackcloth over his body, and fasted. He lay down in sackcloth and walked around subdued.

1 Kings 21v27

8. After this, the Moabites and Ammonites, together with some of the Meunites, came to fight against Jehoshaphat. People came and told Jehoshaphat, "A vast number from beyond the Dead Sea and from Edom has come to fight against you; they are already in Hazazon-tamar" (that is, En-gedi). Jehoshaphat was afraid, and he resolved to seek the LORD. Then he proclaimed a fast for all Judah, who gathered to seek the LORD. They even came from all the cities of Judah to seek him.

2 Chronicles 20v3

9. I proclaimed a fast by the Ahava River, so that we might humble ourselves before our God and ask him for a safe journey for us, our dependents, and all our possessions. I did this because I was ashamed to ask the king for infantry and cavalry to protect us from enemies during the journey, since we had told him, "The hand of our God is gracious to all who seek him, but his fierce anger is against all who abandon him." So we fasted and pleaded with our God about this, and he was receptive to our prayer.

Ezra 8v21-23

10. When I heard these words, I sat down and wept. I mourned for a number of days, fasting and praying before the God of the heavens.

Nehemiah 1v4

11. Esther sent this reply to Mordecai: "Go and assemble all the Jews who can be found in Susa and fast for me. Don't eat or drink for three days, night or day. I and my female servants will also fast in the same way. After that, I will go to the king even if it is against the law. If I perish, I perish."

Esther 4v16

12. Then the people of Nineveh believed God. They proclaimed a fast and dressed in sackcloth—from the greatest of them to the least.

Jonah 3v5-10

13. Then Jesus was led up by the Spirit into the wilderness to be tempted by the devil. After he had fasted forty days and forty nights, he was hungry.

Matthew 4v1-2

14. Then John's disciples came to him, saying, "Why do we and the Pharisees fast often, but your disciples do not fast?" Jesus said to them, "Can the wedding guests be sad while the groom is with them? The time will come when the groom will be taken away from them, and then they will fast.

Matthew 9v14-15

15. As they were worshiping the Lord and fasting, the Holy Spirit said, "Set apart for me Barnabas and Saul for the work to which I have called them." Then after they had fasted, prayed, and laid hands on them, they sent them off.

Acts 13v2-3

16. When they had appointed elders for them in every church and prayed with fasting, they committed them to the Lord in whom they had believed.

Acts 14v23

17. The spiritual practice of fasting is abstaining from food for spiritual purposes.

18. "Those who deny themselves will be sure to find their strength increased, their affections raised, and their inward peace continually augmented."

Bishop Thomas Wilson

19. "In fasting, we learn how to suffer happily as we feast on God."

Dallas Willard

20. Fasting is one of the most powerful ways to bring our entire being into alignment with God.

21. The spiritual practice of fasting is abstaining from food for spiritual purposes.

22. At CrossPoint, our corporate fast will take place on Wednesdays starting this week through the Wednesday before Easter.

23. Ways to Participate

New to Fasting? Start small by fasting from one meal on Wednesdays. Use this time to pray, read Scripture, and focus on God.

Some Experience with Fasting? Try fasting for a full 24 hours, from sundown Tuesday to sundown Wednesday. Break your fast with a simple meal and gratitude.

Ready for a Challenge? Fast on both Wednesday and Friday, following the practice of early Christians.

## 24. Key Reminders

Stay Hydrated – Drink plenty of water throughout your fast.

Pray with Purpose – Let hunger remind you to turn to God in prayer.

Don't showcase your fast – Fasting is between you and God, don't make a big deal of it to others (Matt. 6v16-18).

End with Gratitude – Break your fast with thanksgiving and delight in God's goodness.

## 25. Pick up - A Short Guide to Fasting