

Times Square – New York



John Piper

**What we hunger for most, we worship...When God is the
supreme hunger of our hearts, he will be supreme in
everything.**

Heavenly Horror

Has a nation changed its gods, even though they are no gods? But my people have changed their glory for that which does not profit. Be appalled, O heavens, at this; be shocked, be utterly desolate, declares the Lord, for my people have committed two evils: they have forsaken me, the fountain of living waters, and hewed out cisterns for themselves, broken cisterns that can hold no water.

Jeremiah 22:11-13

The Devil Is Not The Problem

But they all alike began to make excuses. The first said to him, 'I have bought a field, and I must go out and see it.

Please have me excused.' And another said, 'I have bought five yoke of oxen, and I go to examine them.

Please have me excused.' And another said, 'I have married a wife, and therefore I cannot come.'

Luke 14:18-20

C S Lewis

It would seem that Our Lord finds our desires not too strong, but too weak. We are half-hearted creatures, fooling about with drink and sex and ambition when infinite joy is offered us, like an ignorant child who wants to go on making mud pies in a slum because he cannot imagine what is meant by the offer of a holiday at the sea. We are far too easily pleased.

MARK

- THE STORY OF JESUS -

PART 11 - FASTING AND DYSFUNCTIONAL APPETITES

Mark 2:18-22

Now John's disciples and the Pharisees were fasting. And people came and said to him, "Why do John's disciples and the disciples of the Pharisees fast, but your disciples do not fast?" And Jesus said to them, "Can the wedding guests fast while the bridegroom is with them? As long as they have the bridegroom with them, they cannot fast. *The days will come when the bridegroom is taken away from them, and then they will fast in that day.* No one sews a piece of unshrunk cloth on an old garment. If he does, the patch tears away from it, the new from the old, and a worse tear is made. And no one puts new wine into old wineskins. If he does, the wine will burst the skins—and the wine is destroyed, and so are the skins. But new wine is for fresh wineskins."

Reasons for Fasting

- **What tests the contents of the heart best? Tragedy or comfort?**
- **“More than any other discipline, fasting reveals the things that control us. This is a wonderful benefit to the true disciple who longs to be transformed into the image of Jesus Christ. We cover up what is inside of us with food and other things.” Richard Foster**
- **If you can do without food you can do without other things as well**

Characteristics of Christian Fasting

- Strategic weapon against sin and hunger for the world
- Go without anything to preserve the sweet longings of our homesickness for God
- Not restricted to food

Fasting Attitude

Indeed, I count everything as loss because of the surpassing worth of knowing Christ Jesus my Lord. For his sake I have suffered the loss of all things and count them as rubbish, in order that I may gain Christ ...

Philippians 3:8

Awaken Your Hunger

Thus the Lord used to speak to Moses face to face, as a man speaks to his friend. Exodus 33:11

Awaken Your Hunger

And they heard the sound of the Lord God walking in the garden in the cool of the day, and the man and his wife hid themselves from the presence of the Lord God among the trees of the garden. Genesis 3:8

Awaken Your Hunger

When Moses came down from Mount Sinai, with the two tablets of the testimony in his hand as he came down from the mountain, Moses did not know that the skin of his face shone because he had been talking with God.

Exodus 34:29

Awaken Your Hunger

**And I heard a loud voice from the throne saying,
“Behold, the dwelling place of God is with man. He will
dwell with them, and they will be his people, and God
himself will be with them as their God. He will wipe
away every tear from their eyes, and death shall be no
more, neither shall there be mourning nor crying nor
pain anymore, for the former things have passed away.”**

Revelation 21:3-4

Awaken Your Hunger

Blessed are those who are invited to the marriage supper of the Lamb ... Then I saw heaven opened, and behold, a white horse! The one sitting on it is called Faithful and True, and in righteousness he judges and makes war.

Revelation 19:9,11

Types of Fast

- **Rising early**
- **Praying when it is hard**
- **Abraham's fast - Isaac (Genesis 22:11- 12)**
- **Media Fast**
- **Uniqueness of fasting food**

Practical Summary

- **Embarrassing**
- **Not leverage**
- **The need for scripture**
- **Do you need to be in prayer all day?**
- **Future corporate fasting**