

Hunger Pains

Pt. 1 - When You Fast

Note - We typically do not associate 'pain' with 'blessing.'

Matthew 5:6, "Blessed are those who hunger and thirst for righteousness, for they will be filled."

Quote - No pain, no gain.

- The hunger pains of fasting prepares us to be blessed.

Matthew 6:16-18, "When you fast, do not look somber as the hypocrites do, for they disfigure their faces to show men they are fasting. I tell you the truth, they have received their reward in full. 17 But when you fast, put oil on your head and wash your face, 18 so that it will not be obvious to men that you are fasting, but only to your Father, who is unseen;

and your Father, who sees what is done in secret, will reward you.”

Note - Fasting demonstrates a desire to be filled with that which truly satisfies.

Example - Soda verses water when thirsty.

John 4:14, “But those who drink the water I give will never be thirsty again. It becomes a fresh, bubbling spring within them, giving them eternal life.”

Things to Know About Fasting

1. Fasting is something that Jesus considered necessary.

Matthew 4:1-2, Then Jesus was led by the Spirit into the desert to be tempted by the devil. 2 After fasting forty days and forty nights, he was hungry.

Note - Many have no spiritual hunger because we do not fast.

Example - Spiritual appetites

Luke 4:14, Jesus returned to Galilee in the power of the Spirit, and news about him spread through the whole countryside.

Note - The results of Jesus' fast can be the result of our own!

1. Overcoming temptation.
2. The infilling of the Holy Spirit.
3. The spreading of the gospel. (His fame not ours! Matthew 6)

2. Fasting is one of the ways we worship God.

Luke 2:36-37, Anna, a prophet, was also there in the Temple. She never left the Temple but stayed there day and night, worshiping God with fasting and prayer.

Note - Am I a worshiper?

Example - David, I refuse to offer a sacrifice that
cost me nothing! (2 Samuel 24)

3. Fasting is expected.

Matthew 9:15, The time will come when the
bridegroom will be taken from them; then they will
fast.

Note - Many don't take this seriously.

Example - The Prayer 7 Fasting Conference that
included lunch in the price of admission.

Note - Fasting is the proper response to the
absence of Jesus.

Living a fasted life.

4. Fasting is never to be a source of pride.

Luke 18:9-14, To some who were confident of their
own righteousness and looked down on everybody
else, Jesus told this parable: 10 "Two men went up

to the temple to pray, one a Pharisee and the other a tax collector. 11 The Pharisee stood up and prayed about himself: 'God, I thank you that I am not like other men - robbers, evildoers, adulterers - or even like this tax collector. 12 I fast twice a week and give a tenth of all I get. '13 "But the tax collector stood at a distance. He would not even look up to heaven, but beat his breast and said, 'God, have mercy on me, a sinner. '14 "I tell you that this man, rather than the other, went home justified before God. For everyone who exalts himself will be humbled, and he who humbles himself will be exalted."

Note - The Bible says more about humility than fasting! If you're going to get arrogant about it, go buy some boudin!

5. Fasting can not take the place of obedience.

Isaiah 58:3-9, 'Why have we fasted, 'they say, 'and you have not seen it? Why have we humbled ourselves, and you have not noticed?' "Yet on the day of your fasting, you do as you please and exploit all

your workers. 4 Your fasting ends in quarreling and strife, and in striking each other with wicked fists. You cannot fast as you do today and expect your voice to be heard on high. 5 Is this the kind of fast I have chosen, only a day for a man to humble himself? Is it only for bowing one's head like a reed and for lying on sackcloth and ashes? Is that what you call a fast, a day acceptable to the LORD? 6 "Is not this the kind of fasting I have chosen: to loose the chains of injustice and untie the cords of the yoke, to set the oppressed free and break every yoke? 7 Is it not to share your food with the hungry and to provide the poor wanderer with shelter - when you see the naked, to clothe him, and not to turn away from your own flesh and blood? 8 Then your light will break forth like the dawn, and your healing will quickly appear; then your righteousness will go before you, and the glory of the LORD will be your rear guard. 9 Then you will call, and the LORD will answer; you will cry for help, and he will say: Here am I.

6. Fasting is rewarded.

Matthew 6:18, "...your Father, who sees what is done in secret, will reward you."

Note - The reward of fasting is answered prayer and more of God!

7. Fasting is the only way some prayers are answered.

Matthew 17:19-21, Then the disciples came to Jesus in private and asked, "Why couldn't we drive it out?"
20 He replied, "Because you have so little faith. I tell you the truth, if you have faith as small as a mustard seed, you can say to this mountain, 'Move from here to there' and it will move. Nothing will be impossible for you. 21 However this kind goes out only by prayer and fasting."

8. Fasting assists us in hearing from God.

Acts 13:2, While 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.”

Note - Fasting could help you determine what course of action to take with those you don't know what to do with.

9. Fasting isn't limited to food.

Note - Food fasts could be harmful for some.

2 John 2, I wish above all things that you prosper and be in health, even as your soul prospers.

1 Corinthians 7:5, Do not deprive each other except by mutual consent and for a time, so that you may devote yourselves to prayer. Then come together again so that Satan will not tempt you because of your lack of self-control.

Example - Sexual intimacy, The Daniel Fast, etc.

10. Fasting is good for you.

1 Corinthians 6:19-20, Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have received from God? You are not your own; 20 you were bought at a price. Therefore honor God with your body.

Note - Fasting can purge our bodies from toxins, boost our metabolism, etc.

Satan wants to use hunger pains to enslave us. Fasting turns the table on his plans and leads to liberty.

Isaiah 58:6, ...to set the oppressed free and break every yoke?

Promote 7 Days of Prayer & Fasting: Hungry For God

