

NEW: FINDING YOUR HUMANITY

NEW HUNGER

Pastor Derwin L. Gray – February 26, 2017

1. Read Matthew 6:16-18. Open in prayer asking the Lord to deepen your hunger for Him and His Kingdom.

2. Pastor Derwin opened the sermon with, "You are what you eat and drink, therefore, feed on the bread of life and drink the living water." What did he mean by this statement?

- Read John 6:35 and John 4:13-14.

3. One of the ways to learn how to "eat and drink the Lord" is by the ancient spiritual discipline of fasting. Read Matthew 6:16-18 and discuss.

WHAT IS FASTING?

4. Fasting from food is going without food from one day's evening meal to the next day's evening meal, skipping food at breakfast and midday.

Note: if you have a medical problem, do not fast from food; consider fasting from other things like social media, TV, etc.

5. Discuss Pastor Derwin's statement, "Fasting is a spiritual discipline in which we focus our heart, mind, soul, and strength on Jesus. Fasting is not how we get our prayers answered faster."

WHY DO WE FAST?

6. WE FAST...

1. In response to the redemptive work of Jesus on our behalf. Read Leviticus 16:29-30, Hebrews 4:14-16, Hebrews 10:10, 14, 18

- What does the atonement of Jesus do for us? Discuss in an Upward, Inward, Outward understanding.

2. In response to the horrific plight of our fallen world. Read Psalm 35:12-14.

3. In response to doing justice, caring for the poor, and providing food for the hungry.

- If you do away with the yoke of oppression, with the pointing finger and malicious talk, and if you spend yourselves in behalf of the hungry and satisfy the needs of the oppressed, then your light will rise in the darkness, and your night will become like the noonday. (Isaiah 58:9b-10 NIV)

Soul-tattoo: Start fasting as the Lord leads you.

Close in prayer, asking the Father to give you His heart for the three reasons why we fast.