



Top Gear

**Hungering for
God**

Recap

One way the gospel turns sinners into servants is by **humbling their pride**. The gospel shows us what Christ did for sinners and how blessed we are to be received into His kingdom and family. As a result of understanding this incomparable message and experiencing God through it, people willingly serve Him and His gospel. **So one of the clearest indications** that a person has believed the gospel of Jesus is that his selfish desire to be served begins to be overcome by a Christlike desire to serve. **Donald Whitney**

Recap

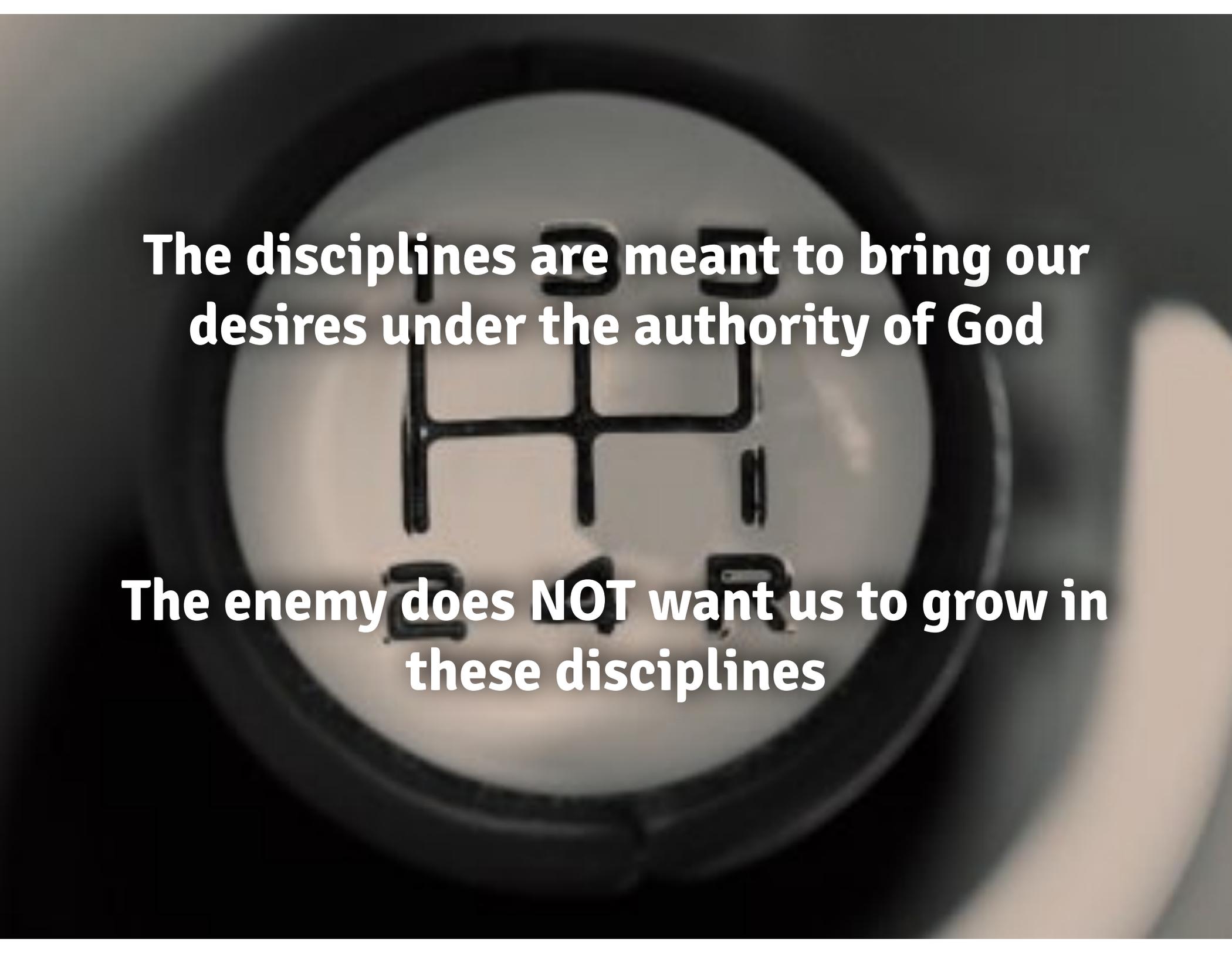
Definition of Serving: submitting yourself to the needs of another with no expectation of repayment

Recap

When he had finished washing their feet, he put on his clothes and returned to his place. “Do you understand what I have done for you?” he asked them. “You call me ‘Teacher’ and ‘Lord,’ and rightly so, for that is what I am. **Now that I, your Lord and Teacher, have washed your feet, you also should wash one another’s feet. John 13:12-14**

We need to be deliberate and intentional about desiring God – to know Him and love Him is the heart of discipleship.

It is a myth to believe that relational intimacy develops by happenstance, or occurs under neglect. (there is nothing in your life that thrives from lack of attention)

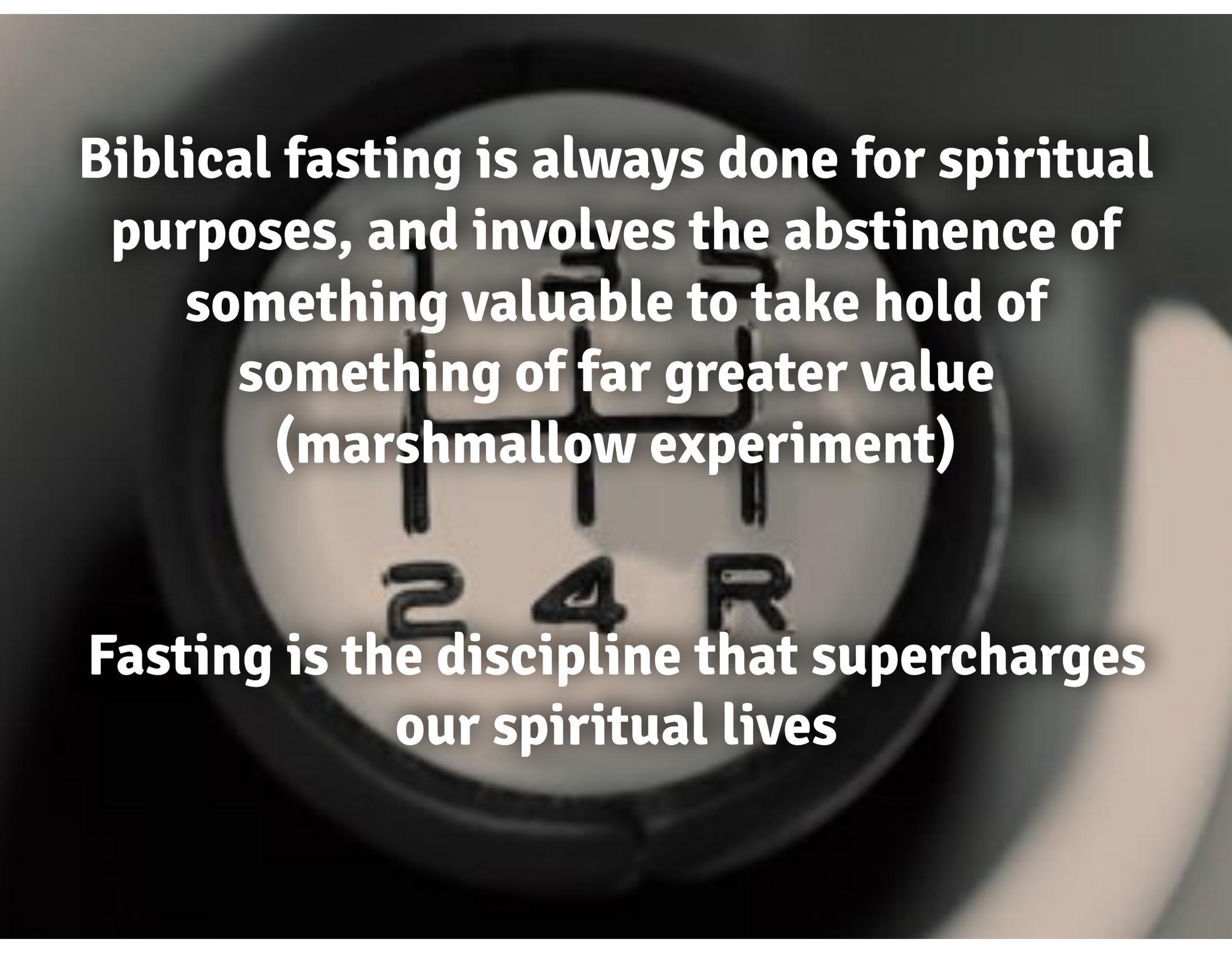


The disciplines are meant to bring our desires under the authority of God

The enemy does NOT want us to grow in these disciplines

NOS

the injection of nitrous oxide into an engine means that more oxygen is available during combustion. Because you have more oxygen, you can also inject more fuel, allowing the same engine to produce more power. Nitrous oxide is one of the simplest ways to provide a significant horsepower boost to any gasoline engine.



Biblical fasting is always done for spiritual purposes, and involves the abstinence of something valuable to take hold of something of far greater value (marshmallow experiment)

Fasting is the discipline that supercharges our spiritual lives

History of Fasting

Mentioned perhaps 74 times in the Old Testament “... fasts in the Old Testament were in response to calamities and were to demonstrate humility and repentance, ...”

Curtis C. Mitchell

History of Fasting

When I heard these things, I sat down and wept. For some days I mourned and fasted and prayed before the God of heaven.

Nehemiah 1:4

They said to me, “Those who survived the exile and are back in the province are in great trouble and disgrace. The wall of Jerusalem is broken down, and its gates have been burned with fire.” **vs 3**

History of Fasting

So I turned to the Lord God and pleaded with him in prayer and petition, in fasting, and in sackcloth and ashes. **Daniel 9:3**

“Even now,” declares the Lord, “return to me with all your heart, with fasting and weeping and mourning.”
Joel 2:12

When I went up on the mountain to receive the tablets of stone, the tablets of the covenant that the Lord had made with you, I stayed on the mountain forty days and forty nights; I ate no bread and drank no water.

Deuteronomy 9:9

History of Fasting

In the Old Testament fasting was a reaction



History of Fasting

There was also a prophet, Anna, the daughter of Penuel, of the tribe of Asher. She was very old; she had lived with her husband seven years after her marriage, and then was a widow until she was eighty-four. She never left the temple but worshiped night and day, fasting and praying. [Luke 2:36-37](#)

History of Fasting

“When you fast, do not look somber as the hypocrites do, for they disfigure their faces to show others they are fasting. Truly I tell you, they have received their reward in full. But when you fast, put oil on your head and wash your face, so that it will not be obvious to others 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.”

Matthew 6:16-18

History of Fasting

Paul and Barnabas appointed elders for them in each church and, with prayer and fasting, committed them to the Lord, in whom they had put their trust. **Acts 14:23**

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.” **Acts 13:2**

History of Fasting

In the New Testament we see fasting in two ways

Just like the Old Testament fasting is triggered by need

But unlike the Old Testament fasting becomes part of the routine of the believer

Safe Fasting

Fasting should ALWAYS be pre-planned

**The time to fast should be in light of your
schedule**

**If you have a history of health issues consult
your doctor first**

Fasting Model (OT, NT)

Integrate fasting into your regular routine

Fasting isn't just about food

Fasting is also a response to circumstances



**Fasting battles our desires which can threaten
to supplant God in our lives**

**We bring our desires into submission by
denying ourselves of them**



**Feed
Back**

We know that we have come to know him if we keep his commands. Whoever says, “I know him,” but does not do what he commands is a liar, and the truth is not in that person. But if anyone obeys his word, love for God is truly made complete in them. This is how we know we are in him:

Whoever claims to live in him **must live as Jesus did. 1 John 2:3-6**