



Fasting: A Hunger for God

Fasting is the voluntary abstaining from something (usually food) for a period of time for spiritual purposes. In the Bible, people fasted for various reasons: to strengthen prayer, to seek God's guidance, to express grief, to seek deliverance, to express repentance, humility, and a concern for the work of God, to minister to others, to dedicate themselves to the Lord, and to express worship. Although the Bible does not give us as NT believers explicit commands to fast on specific days or times, passages like Matt 6:16-18 and Matt 9:14-15 show us that it is still a good and profitable pathway of God's grace given for us today.

Fasting is not something that we do to earn our standing before God (Col 2:16-23) or to appear more spiritual and gain the praise of others (Matt 6:16-18). Neither is it simply a diet plan or a matter of our own willpower. Rather, fasting disciplines our hearts to **hunger for and be satisfied in God.**

Here at Lighthouse, we have often talked about the danger of desiring and being distracted by things—even good things—that can take our eyes off of Christ. As John Piper famously put it, *"the enemy of hunger for God is not poison, but apple pie. It is not the banquet of the wicked that dulls our appetite for heaven, but endless nibbling at the table of the world... The greatest adversary of love to God is not his enemies but his gifts. And the most deadly appetites are not for the poison of evil, but the simple pleasures of earth."* The hunger that we feel in fasting is a vivid reminder that points us back to God and teaches us to proclaim with the psalmist, **"Your steadfast love is better than life"** (Psalm 63:3).

If you want to learn more about the topic of fasting, listen to Pastor Kim's message, ["Pathways of Grace: Hungering for God."](#)

A Call to Fast and Pray

We invite you to join us for a time of corporate fasting and prayer for the Treasuring Christ Generosity Initiative during the **week of March 30**, leading up to the Commitment Sunday on April 6.

You can choose to fast for one meal or an entire day. Be sure to continue drinking water. As you fast, know that there are others in the church family who are fasting with you.

We understand that fasting may not be possible for some due to health reasons, so rather than a dietary fast, choose something else to abstain from (e.g. TV, social media, coffee). In the Bible, fasting is never done as an act in isolation, but together with prayer. Use the extra time to spend with God, whether that's praying, reviewing your sermon notes, or meditating on Scripture.

Prayer Requests

- Pray for our hearts to be transformed during this time and for God to give us a passion to treasure Him above all else.
- Pray for clarity and discernment for how each church member is called to participate in this Generosity Initiative.
- Pray for God to provide for our church through generous giving
- Pray for God to give the elders a clear sense of purpose and direction