

# sermonnotes

## Hungry for God



Preparation precedes spiritual advancement, personal growth, and victorious living. Very rarely will anyone accidentally experience progress. Growth requires \_\_\_\_\_.

Fasting is a spiritual discipline in which we abstain from food for a spiritual purpose. Fasting is not an end to itself; it is a means by which we can worship the Lord and submit ourselves in humility to Him.

### There are three types of spiritual fasting we find in the Bible

- Total fast where you abstain from food and water. (*Exodus 34:28*)
- Normal fast where you abstain from food for a period of time. (*Esther 4:16*)
- Partial fast where you abstain from certain foods for a period of time. (*Daniel 10:2-3*)

### We are engaging in a fast together because...

1. We desire a greater awareness of God's \_\_\_\_\_. (*Isaiah 58:8-9*)
2. We want to prepare for \_\_\_\_\_ of life. (*Matthew 4:1-2*)
3. We want and need God's \_\_\_\_\_ in our lives. (*2 Chronicles 20:3-4, Nehemiah 1:4*)
4. We want help in \_\_\_\_\_ God's will and \_\_\_\_\_ His direction. (*Acts 13:1-2*)

Spiritual fasting is not mainly about what we go without, but who we get \_\_\_\_\_.

Answers: intentionality; presence; new seasons; intervention; discerning, discovering; more of



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