

# **Hungry for God**

**March 2, 2025 | Pastor Mike Foster |**

**2 Chronicles 20:1-30, Luke 5:33-35 | Return to Me**

---

## **Notes on the Text of Jehoshaphat :**

*Christian fasting = the total or partial abstinence from food for a specific period and for a spiritual purpose*

## **1. Understand the significance of fasting**

- a. It is expected (though never commanded) by Jesus – Luke 5:33-35, Matt 6:16, Matt 17:21 w/ Mark 9:29**
- b. It is rewarded by the Father – Matthew 6:18**
- c. It is practiced by the early church – Acts 13:1-3, Acts 14:23**

## **2. Use fasting to accomplish a biblical purpose**

- a. To humbly and fervently seek God – Judg 20:26, 2 Chr 20:3, Ezra 8:21-23, Neh 1:4, Est 4:16, Ps 35:15, Dan 9:3, Matt 4:1-2, Acts 13:1-3, Acts 14:23**
- b. To humbly turn or return to God – 1 Kgs 21:27-29, Joel 2:12-14, Jonah 3:5-9, Acts 9:8-9**
- c. To humbly and faithfully love and long for God – Luke 2:36-38, Luke 5:33-35**

### 3. Avoid the dangers of fasting

- a. Fasting for mere self-improvement
- b. Sinful neglect of physical health
- c. Transactional approach to God – Eph 2:8-9
- d. Spiritual pride or self-righteousness – Matt 6:16-18, Luke 18:12
- e. Ritual without reality – Isa 58:3-10

### 4. Grow your hunger for God

- a. Commit to learning more about fasting – use the resources in the notes
- b. Repent of any fear of fasting
- c. Choose a time and reason for fasting and begin
- d. Consider denying yourself some other physical desire or distraction in order to more fully seek God in this season – Luke 9:23, Gal 5:24, Tit 2:11-12

---

### FOR FURTHER ACTION/REFLECTION

---

Meditate on the many verses provided in the sermon outline, especially Luke 5:33-35 and Matthew 6:16-18

Consider these resources on fasting:

[bit.ly/FastForGod](http://bit.ly/FastForGod)

[bit.ly/BiblicalFast1](http://bit.ly/BiblicalFast1)

[bit.ly/PrayerandFasting1](http://bit.ly/PrayerandFasting1)

[bit.ly/DesiringGod1](http://bit.ly/DesiringGod1)

*A Hunger for God* by Piper

*Spiritual Disciplines for the Christian Life* by Whitney

Listen to “Hungry (Falling on my knees)” – [bit.ly/OnMyKnees1](http://bit.ly/OnMyKnees1)

Listen to “Breathe” – [bit.ly/Breathe3](http://bit.ly/Breathe3)

Listen to the playlist of songs for the “Return to Me” series – [bit.ly/ReturnToMeSongs](http://bit.ly/ReturnToMeSongs)

---

### GROUP DISCUSSION QUESTIONS

1. What stood out to you most from the message?
2. What we can we learn from the example of Jehoshaphat?
3. Read 2 Chronicles 20:12. Describe a time when you didn’t know what to do, but your eyes were on the Lord. What did the Lord do?
4. Read Colossians 2:9-10 where we learn that we have the fullness of God in us through Christ. Read also James 4:8 and Hebrews 11:6 where we learn of the blessing of seeking God. How can we “have God” and yet also need to “seek God”? Why is it important to remember Colossians 2:10 while seeking after God?
5. On a scale of 1 to 10, how “hungry” are you for the Lord right now? Have you ever been a 10? Or a 1? What might it look like for you to be hungrier for God?
6. Do you agree with the statement that “we get as much of God as we want”? Why or why not?
7. Review Luke 5:33-35 and Matthew 6:16-18. What are a few specific things you learned about fasting today?
8. With a motive of helping others, share about any experience or lack of experience you have with fasting. In what ways have you known the Father’s blessing and reward through fasting?
9. What specific fears or concerns might you have with fasting? What specific blessings might the Lord want to provide you through fasting?
10. Read Luke 9:23. What might the Lord be asking you to deny of yourself in this season so that you might more fully seek Him?

