

# **One Desire Fast 2023: “Hunger for God”**

## **Various Passages**

### **Pastor John Eom**

*Fast from food willingly to hunger for God deeply.*

## **I. Fasting tests our hearts**

- Fasting tests what is in our hearts, revealing to ourselves what our true desires are.

### **Matthew 4:1-4 (ESV)**

<sup>1</sup> Then Jesus was led up by the Spirit into the wilderness to be tempted by the devil. <sup>2</sup> And after fasting forty days and forty nights, he was hungry. <sup>3</sup> And the tempter came and said to him, “If you are the Son of God, command these stones to become loaves of bread.” <sup>4</sup> But he answered, “It is written, ‘Man shall not live by bread alone, but by every word that comes from the mouth of God.’”

## **II. Fasting deepens our dependence**

- Fasting helps us humble ourselves with hunger and teaches us to be deeply dependent on God and His Word.

### **Deuteronomy 8:2-3 (NIV)**

<sup>2</sup> Remember how the Lord your God led you all the way in the wilderness these forty years, to humble and test you in order to know what was in your heart, whether or not you would keep his commands. <sup>3</sup> He humbled you, causing you to hunger and then feeding you with manna, which neither you nor your ancestors had known, to teach you that man does not live on bread alone but on every word that comes from the mouth of the Lord.

## **III. Fasting fuels our prayers**

- Fasting fuels our prayer with desperation for God as we pray for biblical priorities and for needs in our broken world.

### **Isaiah 58:6-7 (NIV)**

<sup>6</sup> “Is not this the kind of fasting I have chosen: to loose the chains of injustice and untie the cords of the yoke, to set the oppressed free and break every yoke? <sup>7</sup> Is it not to share your food with the hungry and to provide the poor wanderer with shelter— when you see the naked, to clothe them, and not to turn away from your own flesh and blood?

### ***Life Application:***

- 1) **Review:** Which reason for fasting stands out to me?
- 2) **Reflect:** Do I have any fears or excuses in my heart about fasting? Do I believe Jesus is the Bread of Life who fully satisfies me?
- 3) **Repent:** What are the ways I have tried to force God to do my desires?
- 4) **(Re)commit:** What biblical priorities will I pray for as I join the One Desire Fast?