

Sunday – June 15, 2025
New Series: “The Flourishing Life”



“All you can eat” buffets dot our landscape. Some so took advantage of them, that hotels and restaurants had to shut them down. In our country of seemingly endless food option, people still go hungry. How about in my spiritual life? How hungry am I for God?

Key Verse: *“And when you fast, do not look gloomy like the hypocrites, for they disfigure their faces that their fasting may be seen by others. Truly, I say to you, they have received their reward.” (Matthew 6:16).*

Read *Matthew 6:16-18*.

What has been your experience with fasting in your spiritual life? How does it compare to Jesus’ teaching here?

Jesus started his ministry with fasting and prayer. (*Matthew 4:1-2*). Would you be willing to do the same? What keeps you from spending significant spiritual time with God?

Read *Luke 18:10-14*. Which of these examples do I most closely match? What similarities do I see in my spiritual life?

Fasting is a decision, a desire and a dedication. Which of these elements would I struggle with the most?

Read *Nehemiah 9* and his prayer. What marked Nehemiah’s prayer? Where did it start? What were the themes I need in my life?

In prayer and fasting God reminds us of his promises. (*Matthew 6:18*) What promise does God need to remind you of today? Peace, Provision, Guidance, Love, Strength, Life, Future, Rest, something else? When are you available to God to hear from Him?

Hungry people look for food

How hungry am I for God?

TODAY:

- What would God have me do?
- What is my plan to intentionally, consistently connect with God and seek his glory? Write it down.
- Who will I share this plan with?