



# HUNGRY FOR GOD

## THE SKINNY ON FASTING

#1 of 6 - The Crossings Church

### 1. Godly fasting flows from a \_\_\_\_\_ for help, when I feel \_\_\_\_\_.

Attention, elder statesmen! Listen closely, everyone, whoever and wherever you are! Have you ever heard of anything like this? Has anything like this ever happened before--ever? <sup>3</sup> Make sure you tell your children, and your children tell their children, And their children their children. Don't let this message die out. <sup>4</sup> What the chewing locust left, the gobbling locust ate; What the gobbling locust left, the munching locust ate; What the munching locust left, the chomping locust ate. <sup>5</sup> Sober up, you drunks! Get in touch with reality--and weep! Your supply of booze is cut off. You're on the wagon, like it or not. <sup>6</sup> My country's being invaded by an army invincible, past numbering, Teeth like those of a lion, fangs like those of a tiger. <sup>7</sup> It has ruined my vineyards, stripped my orchards, And clear-cut the country. The landscape's a moonscape. <sup>8</sup> Weep like a young virgin dressed in black, mourning the loss of her fiancé. <sup>9</sup> Without grain and grapes, worship has been brought to a standstill in the Sanctuary of GOD. The priests are at a loss. GOD's ministers don't know what to do. <sup>10</sup> The fields are sterile. The very ground grieves. The wheat fields are lifeless, vineyards dried up, olive oil gone. <sup>11</sup> Dirt farmers, despair! Grape growers, wring your hands! Lament the loss of wheat and barley. All crops have failed. <sup>12</sup> Vineyards dried up, fig trees withered, Pomegranates, date palms, and apple trees-- deadwood everywhere! And joy is dried up and withered in the hearts of the people. <sup>13</sup> And also you priests, put on your robes and join the outcry. You who lead people in worship, lead them in lament. Spend the night dressed in gunnysacks, you servants of my God. Nothing's going on in the place of worship, no offerings, no prayers--nothing. <sup>14</sup> Declare a holy fast, call a special meeting, get the leaders together, Round up everyone in the country. Get them into GOD's Sanctuary for serious prayer to GOD. <sup>15</sup> What a day! Doomsday! GOD's Judgment Day has come. <sup>19</sup> GOD! I pray, I cry out to you! The fields are burning up, the country is a dust bowl, forest and prairie fires rage unchecked. <sup>20</sup> Wild animals, dying of thirst, look to you for a drink. Springs and streams are dried up. The whole country is burning up. **Joel 1:2-15, 19, 20** (MP)

What do I hunger for that I feel helpless about? \_\_\_\_\_

### 2. Fasting alerts me to \_\_\_\_\_ I have been \_\_\_\_\_.

Sound the alarm in Jerusalem! Raise the battle cry on My holy mountain! Let everyone tremble in fear because the day of the LORD is upon us. <sup>2</sup> ... Listen to the noise they make—like the rumbling of chariots, like the roar of fire sweeping across a field of stubble, or like a mighty army moving into battle. <sup>6</sup> Fear grips all the people; every face grows pale with terror... <sup>11</sup> The LORD is at the head of the column. He leads them with a shout. This is His mighty army, and they follow His orders. The day of the LORD is an awesome, terrible thing. Who can possibly survive? **Joel 2:1, 5-6, 11** (NLT)

### 3. Godly Fasting is \_\_\_\_\_.

Even now," declares the LORD, "return to me with all your heart, with fasting and weeping and mourning." <sup>13</sup> Rend your heart and not your garments. Return to the LORD your God, for he is gracious and compassionate, slow to anger and abounding in love, and he relents from sending calamity...<sup>15</sup> Blow the trumpet in Zion, declare a holy fast, call a sacred assembly. **Joel 2:12-15a** (NIV)

- I cannot have a holy fast and an unholy \_\_\_\_\_.
- An UNHOLY fast is designed to get \_\_\_\_\_ to do what \_\_ want.
- A HOLY fast is designed to get \_\_\_\_\_ to do what \_\_\_\_\_.

Blessed are those who are hungry and thirsty for what is right. They will be filled. **Matthew 5:6** (NirV)

### 4. Godly Fasting is for \_\_\_\_\_.

...declare a holy fast, call a sacred assembly. <sup>16</sup> Gather all the people—the elders, the children... Call the bridegroom from his quarters and the bride from her private room. <sup>17</sup> Let the priests, who minister in the LORD's presence, stand and weep between the entry room to the Temple and the altar. Let them pray... **Joel 2:15a-17**(NIV)

### 5. Godly Fasting \_\_\_\_\_.

**Then** the LORD will pity His people and jealously guard the honor of His land. <sup>19</sup> The LORD will reply, "Look! I am sending you grain and new wine and olive oil, enough to satisfy your needs. You will no longer be an object of mockery among the surrounding nations. <sup>20</sup> I will drive away these armies from the north. I will send them into the parched wastelands. Those in the front will be driven into the Dead Sea, and those at the rear into the Mediterranean. The stench of their rotting bodies will rise over the land." Surely the LORD has done great things! <sup>21</sup> Don't be afraid, My people. Be glad now and rejoice, for the LORD has done great things... <sup>27</sup> **Then** you will know that I am among My people Israel, that I am the LORD your God, and there is no other. Never again will My people be disgraced. **Joel 2:18-21** (NIV)