

Hungry

“Filling Our Souls Without Food”

PREPARATION

- Familiarize yourself with this Study Guide.
- If you missed it, watch the sermon online [HERE](#).
- Spend some time in prayer before your group gathers.
- As a leader you **always** have the option to use some or all the questions and/or prepare your own questions.

DISCUSSION

Opening Prayer: (1-5 minutes)

In light of what God is saying through this week’s message, here’s some suggestions of how your group can invite God into your time together.

Thank the Lord for sending Jesus to live a life that offers a model for how to be completely sustained by God. Pray that the Holy Spirit would expose our physical and spiritual cravings by teaching us how to access the nourishment of our Father! Finally pray for strength and patience as we learn to engage with several different spiritual disciplines!

Discussion: (30 minutes)

What’s Going on This Week

This Sunday, Pastor Larry led us into our second week of the series titled *Hungry*. Pastor Larry explained to us all the different reasons that Christians have fasted throughout history and how this practice for Christ-followers is significantly different than other world religions. Pastor Larry challenged 3Crosses to practice fasting on Mondays as a church and keep in mind our longing for our heavenly home, our heightened ability to say no to our bodies, and our sensitivity to seeing the Lord move in our lives.

“Food says you need me, Jesus says you need me more!”— Pastor Larry Vold

Suggested Questions

Check-In: Review *Matthew 4:1-4; Deuteronomy 8:1-20*: Last week, our group discussions revolved around the deepest cravings of our soul and how we can begin to combat those cravings by the act of fasting. Last Monday, we were challenged to participate in an “experimental” type of fast together as a church. What did you learn and observe during your time of fasting? How did it affect your week?

- Read *Luke 5:27-35; Leviticus 16:29-31, 23:26-32; Isaiah 58:1-12*: Pastor Larry begins the sermon by offering many explanations as to why other world religions fast including how Jews were commanded to fast in Leviticus. He differentiates Christianity, however, by saying that followers of Jesus fast as an act of devotion to God and longing for His presence. Before this series, what has been your perception of fasting? What would you like to experience while you engage in this challenge to fast from food? What are the things in your life that may turn fasting into a religious ritual rather than an act of devotion toward God?
- Review *Exodus 34:28; 1 Samuel 7:2-6; 2 Samuel 1:12, 12:15-20, 1 Kings 19:1-9; 2 Chronicles 20:2-13; Joel 2:12-14; Daniel 1:1-21, 10:2-3; Ezra 8:21-23; Esther 4:16; Acts 13:1-3, 14:21-23*: Pastor Larry moves into a segment of his sermon where he uncovered many of the Biblical instances where fasting played a prominent role. Out of the many fasts that were recorded in the Bible, which instance stands out to you the most and why? What would you like to emulate as you engage in fasting?
- Pastor Larry concludes the Sermon by challenging us to keep the purpose of fasting in mind as we practice this spiritual discipline together. Which of these purposes are you excited to see grow in your personal relationship with Jesus as we practice fasting together? How will you commit your heart to remembering these purposes as we fast?
 - Long for your heavenly Home (*Matthew 9:14-17; Luke 22:15-16; Rev. 19:6-9*)
 - Loosen the grip of sin and weakness in our bodies (*1 Corinthians 9:24-27*)
 - Express a need to God that we believe only He can fulfill (*Matthew 6:16-18*)
 - Anticipate special provision and awareness of where God is moving (*Matthew 6:26, Philippians 4:19*)

Closing Prayer: (5-15 minutes)

In light of what God is saying through this week's message, here's some suggestions of what your group could talk about with God in prayer.

Thank our Heavenly Father for sending His son Jesus to present us an opportunity to access God's spiritual nourishment! Pray that the Holy Spirit would continue to teach us how to offer our cravings and desires as a holy and pleasing sacrifice as we seek to fulfill our souls by being in communion with God!

THROUGHOUT THE WEEK

- **Find out how to pray for two people in your group this week!** Follow up with them encouraging them! Identify the times in which you seek to fulfill your cravings with something other than Jesus and reach out to a friend in these moments!

-**Engage in a fast from food on Mondays alongside the rest of 3Crosses!** Remind each other the reason that you have highlighted in this study guide! Be prepared to share how the Lord has spoken into your life as you continue to long for Him!

- **Home Communities will be on break during the Summer!** Sign-ups for season 3 of Home Communities begins late August! If you have any questions, feel free to email AJ at avanegas@3crosses.org