

**Title:** Crave

**Text:** "O God, you are my God; earnestly I seek you, my soul thirst for you; my flesh faints for you, as in a dry and weary land where there is no water" (Psalm 63:1)

**Target:** Spiritual disciplines don't add burdens; they lift them.

- I. **The Fact of Fasting:** "As a deer pants for flowing streams, so pants my soul for you! My soul thirsts for God, for the living God" (Psalm 42:1-2)
  - A. **The Expectation:** "And when you fast" (Matthew 6:16)
  - B. **The Consecration:** Give up something good for something Greater. (No loopholes 😊)
    1. **Complete Fast:** Drink only liquids; abstain from all food. (Ex. Jesus, Moses...)
    2. **Selective Fast:** Removing certain elements from your diet. (Ex. Daniel fast)
    3. **Partial Fast:** Abstaining from eating during a specific time such as sunup to sundown.
    4. **Soul Fast:** Removing distractions such as TV, social media, streaming, etc.
  - C. **The Transformation:** "If there is no spiritual purpose, then it's just going hungry"  
John Piper
    1. **Believing for Victory:** (2 Chronicles 20:3)
    2. **Believing for Breakthrough:** (Mark 9:29)
    3. **Believing for Revival:** (Nehemiah 1:4)
    4. **Believing for a Miracle:** (2 Samuel 12:16)
    5. **Believing for Wisdom:** (Daniel 9:3)
    6. **Believing for Success:** (Esther 4:16)
- II. **The Discipline of Devotion:** "But when you pray, go into your room and shut the door and pray to your Father who is in secret. And your Father who sees in secret will reward you." (Matthew 6:6)
  - A. **God Speaks to Us through His Word:** "For the word of God is living and active, sharper than any two-edged sword," (Hebrews 4:12) \***Graphe** \***Logos** \***Rhema**
    1. **Observation:** "Then he opened their minds to understand the Scriptures" (Luke 24:45)
    2. **Interpretation:** Teach me your way, O Lord, that I may walk in your truth; unite my heart to fear your name." (Psalm 86:11)
    3. **Application:** "But be doers of the word, and not hearers only, deceiving yourselves" (James 1:22)
  - B. **We Speak to God in Prayer:** "Pray then like this" (Matthew 6:9)
    1. **Give Adoration:** "Our Father in heaven hallowed be your name" (Matthew 6:10)
    2. **Honest Confession:** "Search me, O God, and know my heart! Try me and know my thoughts! And see if there be any grievous way in me, and lead me in the way everlasting!" (Psalm 139:23-24)

3. **Remember Thanksgiving:** *“Bless the Lord, O my soul, and forget not all his benefits”* (Psalm 103:2)
  4. **Surrender & Supplication:** *“Ask, and it will be given to you; seek, and you will find; knock, and it will be open to you.”* (Matthew 7:7)
- III. **The Sensitivity to the Spirit:** *“Speak, for your servant hears”* (1 Samuel 3:10)
- A. **Receive Revelation:** *“He will teach you all things and bring to your remembrance all that I have said to you”* (John 14:26)
  - B. **Gain Realization:** *“The Spirit himself bears witness with our spirit that we are children of God”* (Romans 8:16)
    1. **Conviction & Confirmation**
    2. **Invitation & Impartation**
  - C. **Experience Resurrection:** *“Not by might, nor by power, but by my Spirit, says the LORD of hosts”* (Zechariah 4:6)

**Takeaway:** *“Every time I have fasted, I have found my worship experience sweeter, the illumination of God’s Spirit brighter and the hunger for God’s word stronger.”* Gary Rohrmayer