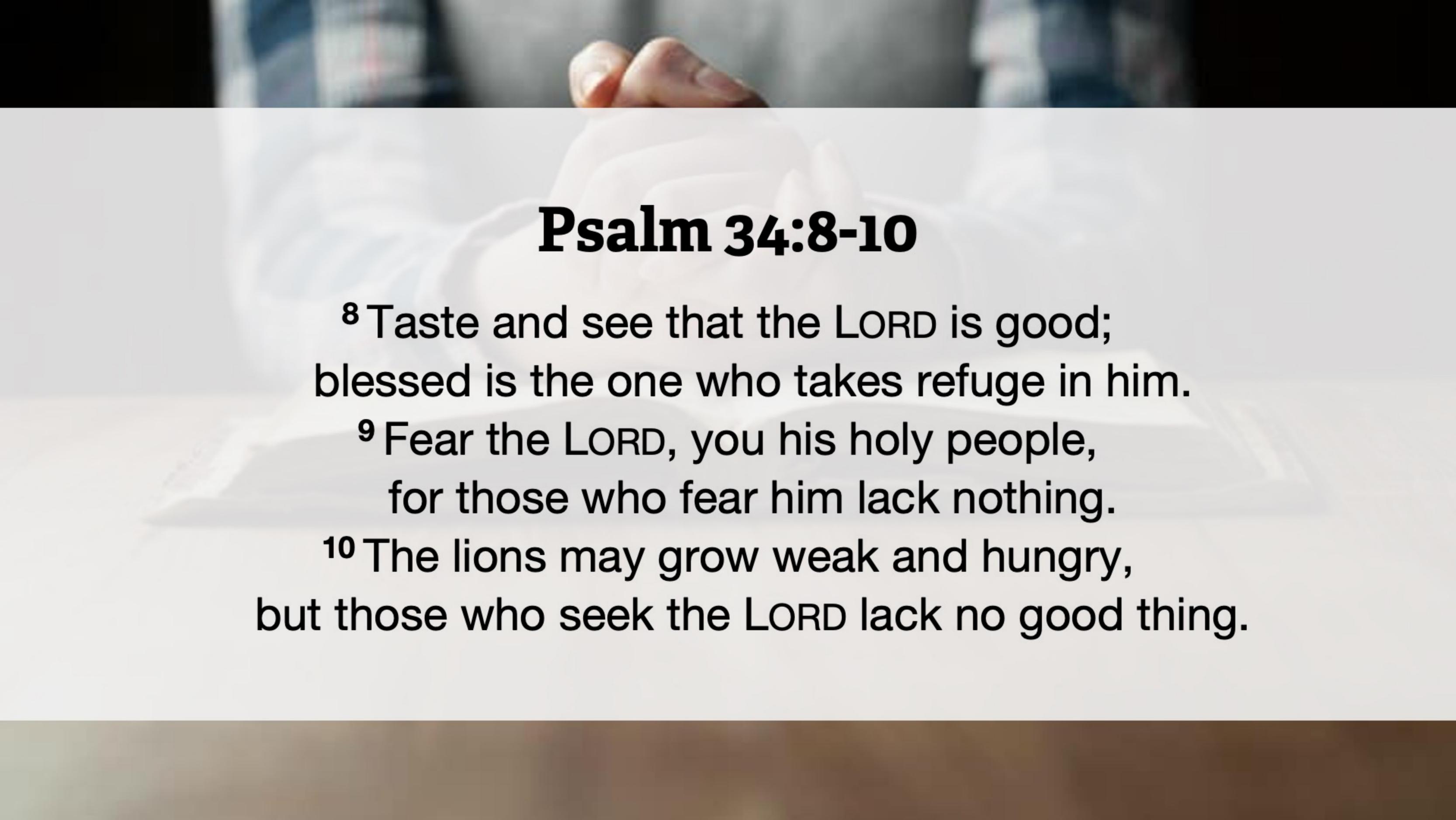




**PRAYER &  
FASTING &**

**Fasting and Hunger**

**SUNDAY 28 MARCH 2021 | 10AM**



## **Psalm 34:8-10**

**<sup>8</sup> Taste and see that the LORD is good;  
blessed is the one who takes refuge in him.**

**<sup>9</sup> Fear the LORD, you his holy people,  
for those who fear him lack nothing.**

**<sup>10</sup> The lions may grow weak and hungry,  
but those who seek the LORD lack no good thing.**

Foreword by  
DAVID PLATT and FRANCIS CHAN

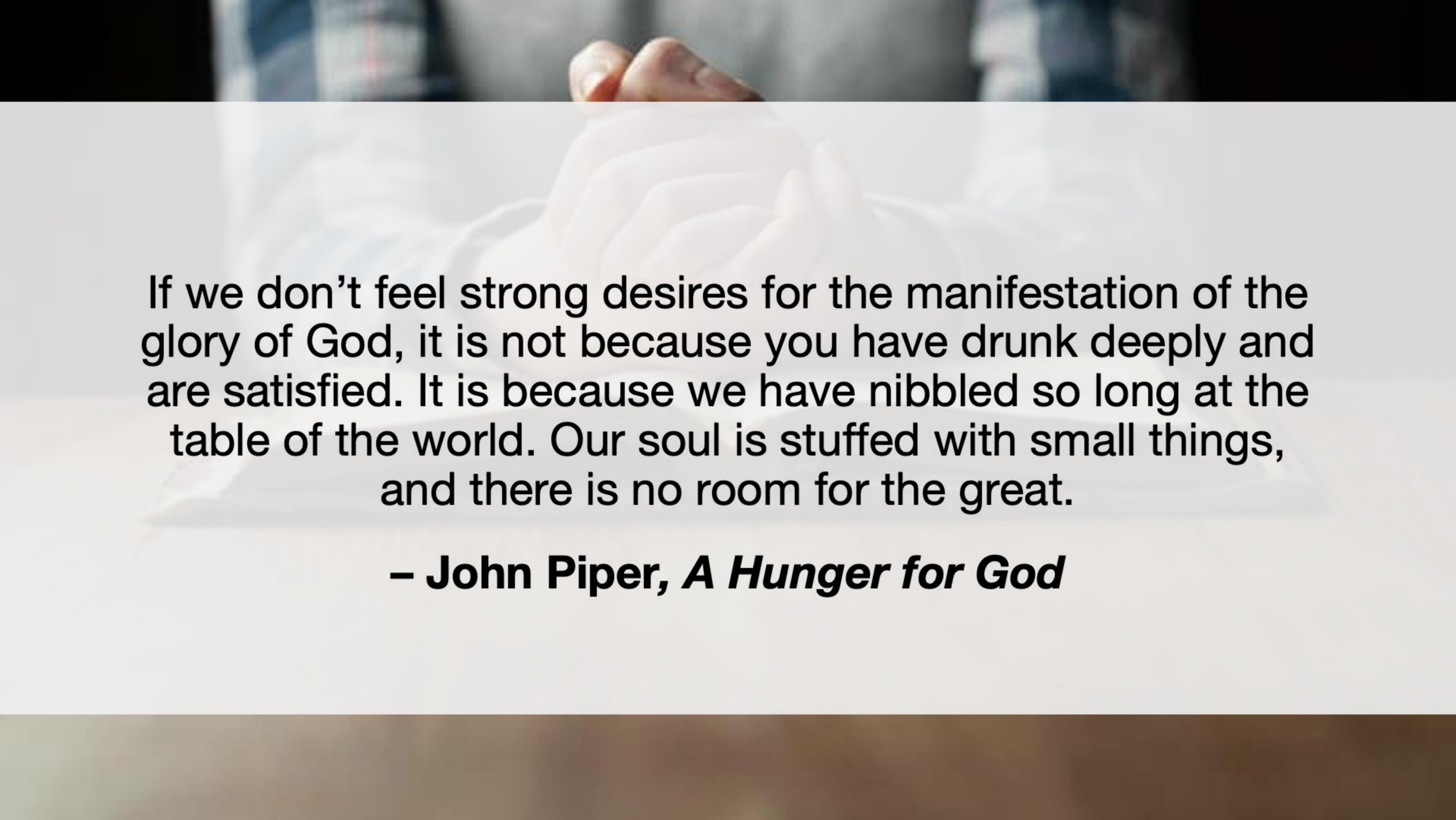
A  
HUNGER  
*for*  
GOD

*Desiring God through Fasting and Prayer*

JOHN PIPER

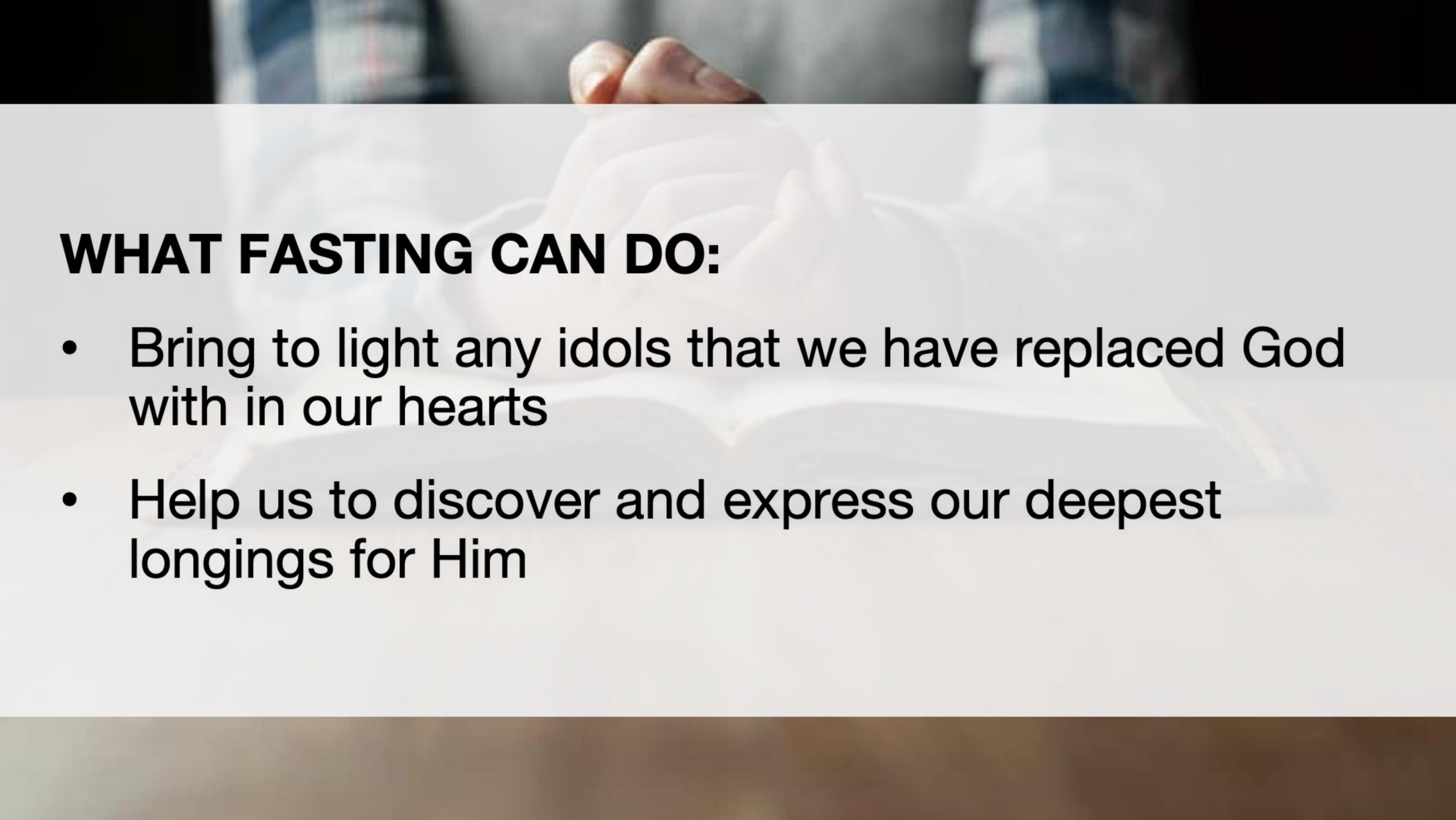
 DOWNLOAD

 PURCHASE



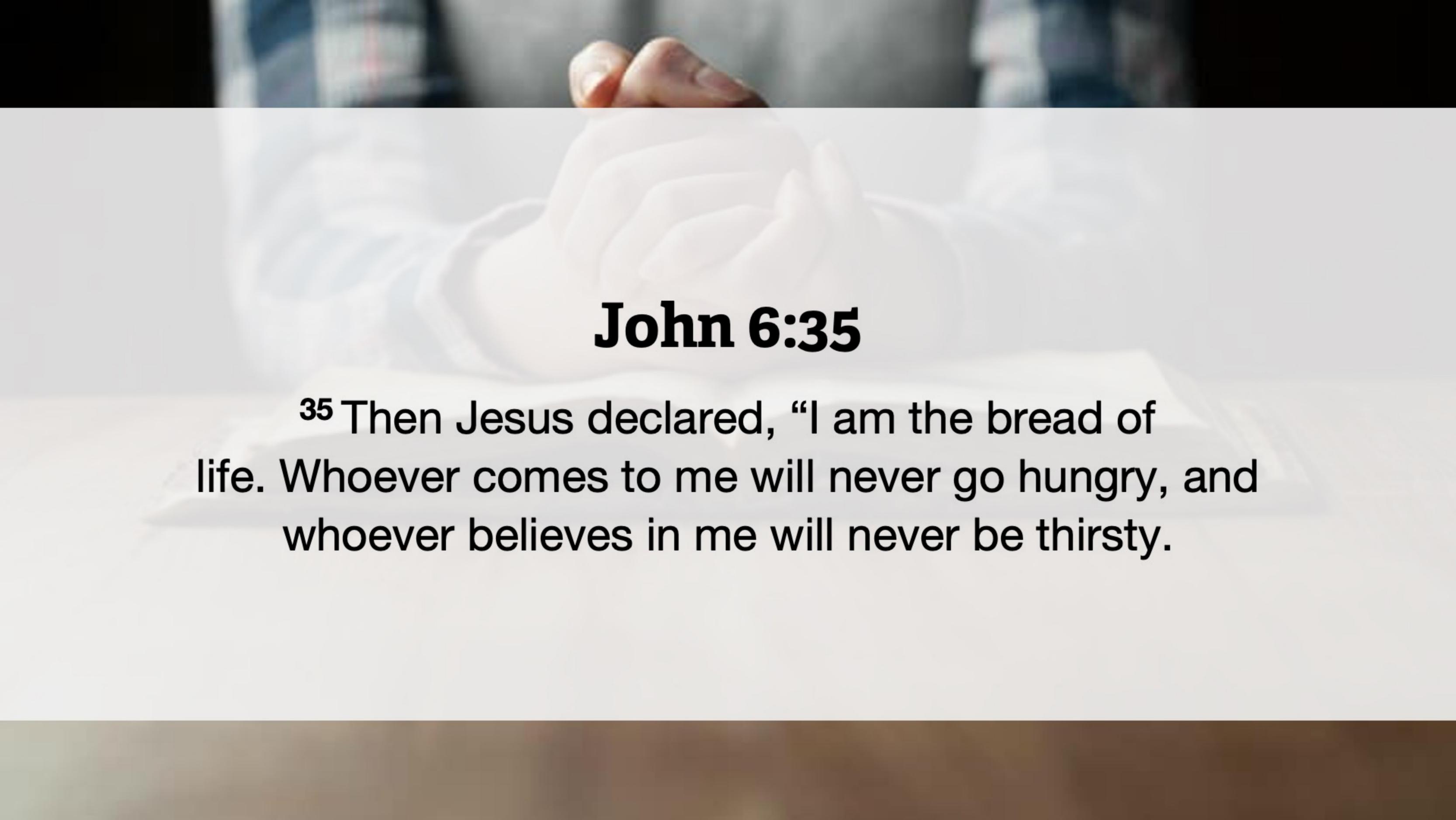
If we don't feel strong desires for the manifestation of the glory of God, it is not because you have drunk deeply and are satisfied. It is because we have nibbled so long at the table of the world. Our soul is stuffed with small things, and there is no room for the great.

**– John Piper, *A Hunger for God***

A close-up photograph of a hand holding a large, white, multi-petaled rose. The background is blurred, showing what appears to be a person in a blue uniform. The image is overlaid with a semi-transparent white box containing text.

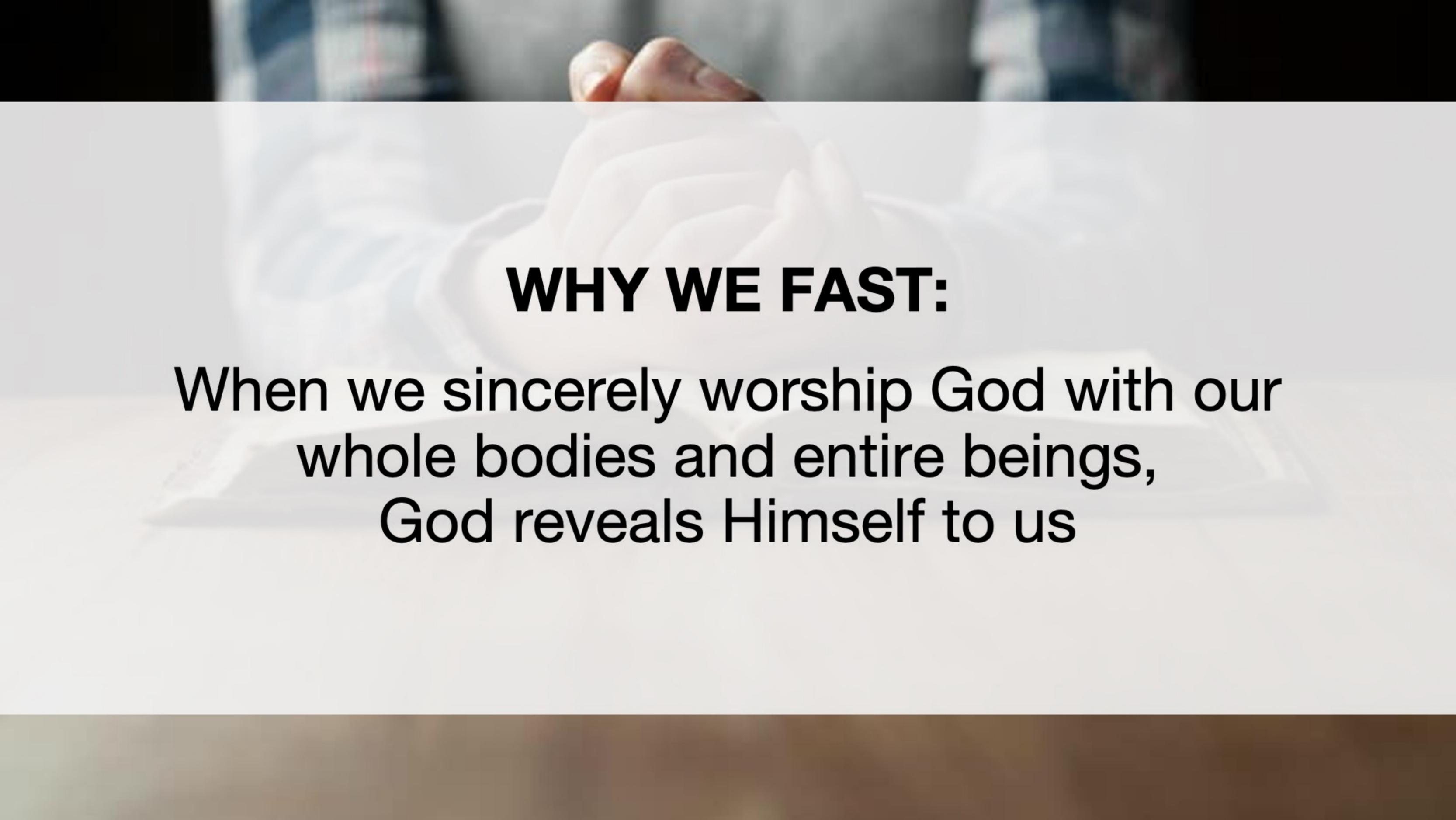
## **WHAT FASTING CAN DO:**

- Bring to light any idols that we have replaced God with in our hearts
- Help us to discover and express our deepest longings for Him



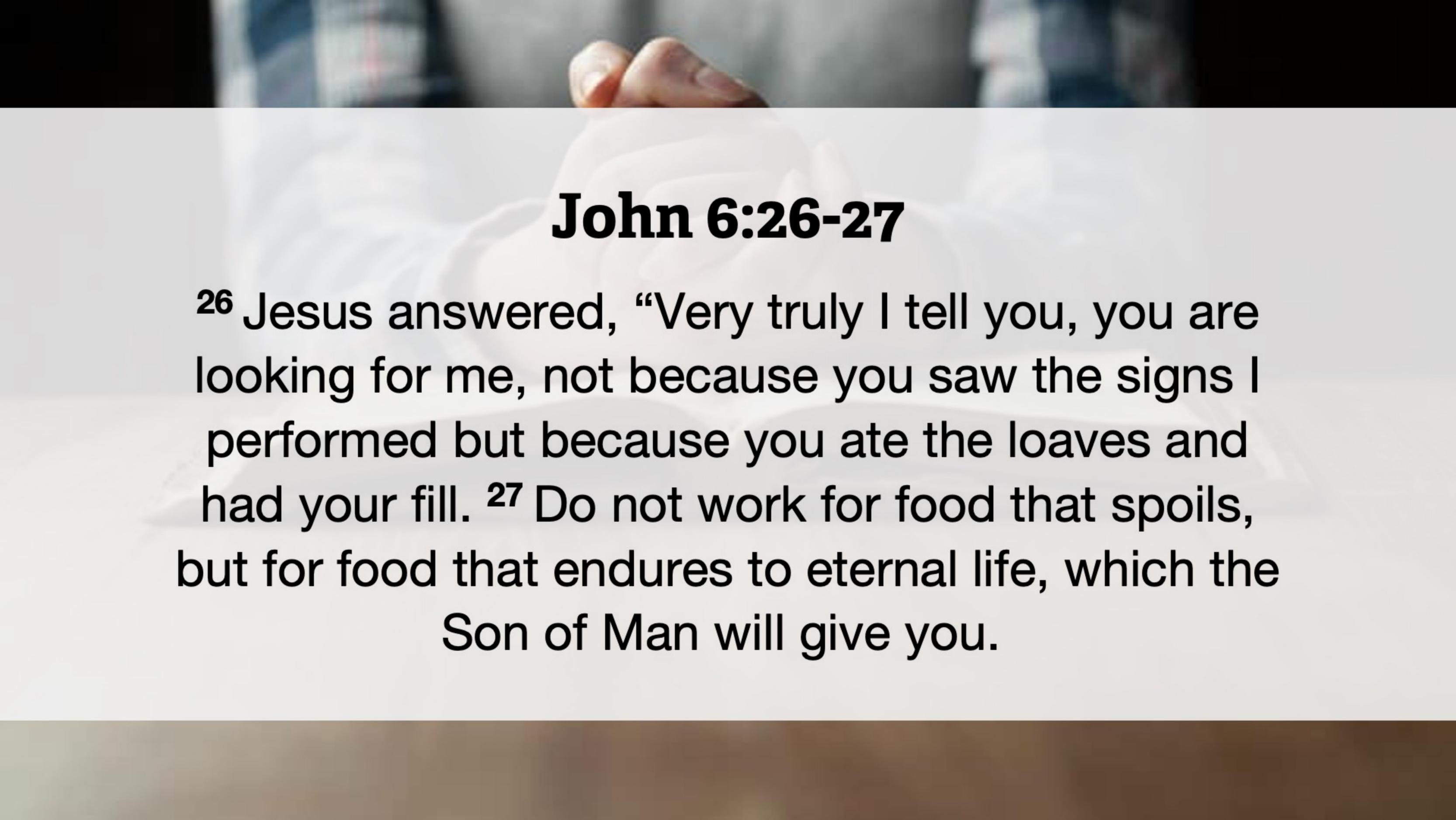
## **John 6:35**

**<sup>35</sup> Then Jesus declared, “I am the bread of life. Whoever comes to me will never go hungry, and whoever believes in me will never be thirsty.”**

A person wearing a white robe is shown from the chest up, with their hands clasped in a prayerful gesture. The background is blurred, showing other people in similar attire. The text is overlaid on the center of the image.

## **WHY WE FAST:**

**When we sincerely worship God with our whole bodies and entire beings, God reveals Himself to us**

A close-up photograph of a hand holding a white, textured cloth, possibly a napkin or a piece of fabric, against a blurred background. The hand is positioned at the top center of the frame, with the fingers gripping the edge of the cloth. The lighting is soft, highlighting the texture of the fabric and the skin of the hand. The background is out of focus, showing indistinct shapes and colors, suggesting an indoor setting with other people or objects present.

## **John 6:26-27**

<sup>26</sup> Jesus answered, “Very truly I tell you, you are looking for me, not because you saw the signs I performed but because you ate the loaves and had your fill. <sup>27</sup> Do not work for food that spoils, but for food that endures to eternal life, which the Son of Man will give you.