

## HUNGRY PART 1 - FAMISHED!

Scripture used: [Luke 4:1-2 \(NLT\)](#)

### OVERVIEW

In this first sermon on Hunger, Pastor Hurmon connected the physical manifestation of hunger and cravings to the innate spiritual desire we all have for intimacy with God. This connection is at the heart of the spiritual practice of fasting, and so it is a timely message for all to consider as NBCC begins its 40 days of Prayer and Fasting this Wednesday, March 13 that extends until Easter. Fasting, whether from food, a recreational activity, or another habit, is designed to stimulate our awareness of what we are truly hungry for, and how what ultimately satisfies our soul is deeper engagement with God. We all want to be known, to be connected to others, and to be loved, and these fundamental desires are most fully satisfied in the grace and love of God. As we see Jesus, the Son of God, fasting in the wilderness, we also gain the surprising insight that God Himself hungers for us - He wants to be known by us, connected to us, and loved by us. In a season of prayer and fasting, our desire for God and God's desire for us have an opportunity to be aligned, and our relationship with Him can grow in significant ways.

### KEY POINTS

- 1) Hunger is an important human trait. It can be healthy or dangerous. Pastor Hurmon used observations from management expert Patrick Lencioni, a follower of Jesus, to show how hunger can make us a valued team player because we want to go the extra mile in helping a team succeed. However, the danger of hunger is selfish ambition, when work becomes all-consuming and life is out of balance. We must ask ourselves the question "what motivates and drives me?" just like Christ did when He was famished in the wilderness.
- 2) We crave to be known by others, connected to others, and loved by others. Pastor Hurmon used the example of blogger Kia Stephens who took a risk in starting a discussion on race with a stranger she wanted to befriend. Vulnerability exposes us to rejection; yet we have to be willing to do it again and again. Mother Teresa highlighted that poverty in the West is different than poverty in the developing world; it is more a poverty of loneliness and of spirituality. We crave to be "seen," to be remembered, to have significance.
- 3) God also craves to be known, loved, and connected to us. Reconciliation is overcoming the things that disconnect us from God and from one another. In fact, though we might often feel disconnected from God, the heart of God is like a father who longs to be found by his child. The discovery of God's love is designed to bring joy and delight.
- 4) [Psalm 63:1-3](#) reminds us how to earnestly search for God. Jesus models the importance of fasting and prayer, of hungering for the things that job and status cannot give us. In this season of prayer and fasting, we are invited to fast from something we love to do that we do almost every day. The purpose of fasting is not to suffer, it is to create space and to recognize a deeper desire to grow our relationship with God. With the time and space created by fasting, we engage with God through prayer, and we will encounter God in new and surprising ways.

### DISCUSSION

- 1) **HEAR** - Discern your heart. How have you experienced hunger in your life, family, relationships, and career? Consider the question, "What am I truly hungry for?". Have you experienced your own time in the wilderness when you were tempted and tested to your core, and found a renewed hunger for God?
- 2) **UNDERSTAND** - Reflect on [Psalm 63:1-8, NLT](#). How do you experience the hunger to be known, connected, and loved in your life? What are the practical ways that you seek to fill this hunger? How often do you connect this hunger to God? Have you experienced ways that God can truly fill this hunger? Consider that God is also hungry, and He longs to be known by you, connected to you, and loved by you!
- 3) **DO** - Lay out a plan for contemplative prayer and fasting during the next 40 days leading up until Easter. What can you give up, and how will it shape who you become? See NBCC's webpage on the 40 Days for more information and to sign-up for a daily Scripture: <https://www.nbccbayarea.com/prayer-and-fasting>. In these 40 days, we should be praying for those that God has placed in our lives, and also for a breakthrough for ourselves!