

Youth Fast Wed Jan 8 – Wed Jan 15

We want to hunger and thirst for God! Even more than we crave things in the world, we want to long for God.

The most basic way to create an appetite for something is to taste it and see how good it is.

If you haven't had peace or joy, the gaining of knowledge or understanding, an experience or encounter when spending time with God, then it may be why it's harder for you to hunger after Him. So, try spending time with Him in multiple different ways, giving yourself a chance to taste again (or for the first time) and see what kind of appetite it creates in you for more!

At the same time, if the Holy Spirit is in you (anyone saved) then the Holy Spirit is going to cause hunger in you as well. There will be something in you that longs for more of God.

When people are hungry, they will feel hunger pangs. However, studies have shown those signals of hunger can go away when people are fully engaged in an activity and distracted from thinking about their hunger.

In the same way, we can be hungry for God, but those signals from that hunger can be dulled if we are entirely distracted while engaged in something else. Distraction can keep us from feeling the hunger pangs that remind us of our need and desire for God!

There are 2 parts to this fast.

#1 Decide on multiple ways you want to taste of spending time with God. Maybe you will discover a new way you love connecting with Him and it will create a new hunger in you.

List the ways you will spend time with God.

#2 Decide on what distraction needs to be removed from your life.

List the item(s) you will be fasting.

Colossians 3:1-15 NLT

Since you have been raised to new life with Christ, set your sights on the realities of heaven, where Christ sits in the place of honor at God's right hand. 2 Think about the things of heaven, not the things of earth. 3 For you died to this life, and your real life is hidden with Christ in God. 4 And when Christ, who is your[a] life, is revealed to the whole world, you will share in all his glory.

5 So put to death the sinful, earthly things lurking within you. Have nothing to do with sexual immorality, impurity, lust, and evil desires. Don't be greedy, for a greedy person is an idolater, worshiping the things of this world. 6 Because of these sins, the anger of God is coming.[b] 7 You used to do these things when your life was still part of this world. 8 But now is the time to get rid of anger, rage, malicious behavior, slander, and dirty language. 9 Don't lie to each other, for you have stripped off your old sinful nature and all its wicked deeds. 10 Put on your new nature, and be renewed as you learn to know your Creator and become like him. 11 In this new life, it doesn't matter if you are a Jew or a Gentile,[c] circumcised or uncircumcised, barbaric, uncivilized,[d] slave, or free. Christ is all that matters, and he lives in all of us.

12 Since God chose you to be the holy people he loves, you must clothe yourselves with tenderhearted mercy, kindness, humility, gentleness, and patience. 13 Make allowance for each other's faults, and forgive anyone who offends you. Remember, the Lord forgave you, so you must forgive others. 14 Above all, clothe yourselves with love, which binds us all together in perfect harmony. 15 And let the peace that comes from Christ rule in your hearts. For as members of one body you are called to live in peace. And always be thankful.
