



HOPE ANTHEM CHURCH

RESIST THE RUSH WEEK 4

"You're Not You When You're Hungry"

PASTOR CAMERON PRESSON

08.24.25

MATTHEW 6:16-18

And when you fast, don't make it obvious, as the hypocrites do, for they try to look miserable and disheveled so people will admire them for their fasting. I tell you the truth, that is the only reward they will ever get. But when you fast, comb your hair and wash your face. Then no one will notice that you are fasting, except your Father, who knows what you do in private. And your Father, who sees everything, will reward you.

FASTING IS CHOOSING TO SAY TO _____ TO WHAT YOUR BODY

_____ MOST, AND SAYING _____ TO WHAT YOUR HEART

_____ MOST

WHEN WE FAST WE ARE CHOOSING TO _____ OUR MOST BASIC

NEEDS SO THAT OUR FLESH WILL _____ TO THE SPIRIT.

THE _____ OF FASTING:

- _____ YOU MAY FEEL GOD CALLING YOU TO FAST OR YOU MAY BE PARTICIPATING IN A CHURCH-WIDE FAST
- _____ - YOU ARE IN DEEP NEED OF FORGIVENESS AND REALIGNMENT IN YOUR RELATIONSHIP WITH GOD.
- _____ - YOU NEED GOD TO PROVIDE SOMETHING IN YOUR LIFE. IT COULD BE A FINANCIAL NEED, A HEALING IN YOUR BODY, OR RESTORATION IN AN AREA OF YOUR LIFE.
- _____ - YOU SENSE SOMETHING IS ON THE HORIZON THAT COULD HARM YOU AND YOU NEED THE HAND OF GOD TO PROTECT YOU OR SOMEONE YOU LOVE.
- _____ - YOU ARE UNCERTAIN WHERE OR WHAT GOD IS WANTING YOU TO DO OR WHERE HE IS WANTING YOU TO GO.
- _____ - YOU ARE ALLOWING GOD TO FILL YOUR TANK TO DO WHAT HE'S CALLED YOU TO DO AND STAND FIRM AGAINST THE ENEMY.

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

- 1. When is the last time you fasted (biblically), and how or what did you see God do in your life?*
- 2. Is there something right now that you need to fast for? When will you begin to fast?*
- 3. Has there ever been a time you felt like your prayers weren't getting through? What if you tried attaching a fast to your specific prayers?*

**WHAT'S YOUR
NEXT STEP?
SCAN HERE TO
LEARN MORE!**

