

Worship Date February 21, 2010
Worship Theme The Beauty of Discomfort
Scripture Reference Luke 4: 1-12

Materials: A rock and a roll, or biscuit, about the same size sitting beside each other.

“Do you know what fasting is? It’s where you choose not to eat for a period of time to draw closer to God, to learn to lean on Him for strength.

Have you ever been hungry, I mean really hungry? How did it make you feel?” Listen for responses. “Tired, grouchy, weak, crazy for food, anything you could eat. Maybe even stuff you don’t normally like?

That’s how Jesus was after fasting for 40 days and nights. Now, Jesus could have done a miracle for himself and made food appear out of no where. He could have changed this rock into a roll. The devil even tempted him to do just that but instead, Jesus chose not to in order to become closer to God and receive strength to do God’s will and not his own. (He was the real Father of Rock and Roll.) Just like Jesus has the power to turn this stone into food, we have the power to turn our resources into things we think we need.

What examples can you think of? (examples could be: toys, designer clothes, jewelry, music, video games, watching TV) How could your resources be turned into something for God? Do you think if you gave these things up for a period of time, or fasting time, you could draw closer to God?

Remember last week when we learned about having the veil removed so we can see God’s will for our lives better? Do you think fasting could help us remove the veil that keeps us from seeing His will? I think it’s one tool we can use. When Jesus refused to turn the stone into bread, He became stronger.

Let’s pray and ask God to help us find ways to fast to become stronger for Him.