



HUNGER & THIRST



7 DAYS

OF PRAYER & FASTING

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7 DAYS OF PRAYER & FASTING HUNGER & THIRST AUGUST 5 - 11

**AN INTERACTIVE EXPERIENCE -
TYLER & LINDALE CHURCH CAMPUSES EACH NIGHT @ 6:30 PM**

**LINGER PRAYER SERVICE ON 8/11 @ 6:00 PM
(COMBINED SERVICE AT TYLER CAMPUS)**

HUNGER AND THIRST



Welcome to Hunger & Thirst: 7 Days of Prayer & Fasting!

Before we can begin the process, it is important that we understand why we have chosen “Hunger and Thirst” as the theme, and why we have chosen Luke 4 as the Scripture reference. The first verse in Luke 4 tells us that Jesus was led by the Holy Spirit into the wilderness. There, He was alone with His thoughts, hungry, thirsty, tempted, and uncomfortable. We are told that He was tempted by the devil for forty days! Can you imagine what that felt like? Here is Jesus, going where the Spirit had led Him, only to starve His flesh and tempt His soul. Alone with His thoughts, certainly His humanity was being tested. And, every criticism he had received, started to have a ring of truth.

The wilderness is not a fun and inviting experience. It is not for the faint of heart. But the wilderness is necessary for every believer, and it is essential for every person that wants to go deeper in their faith. The wilderness is how we go from stuffing ourselves on fillers, to feasting on the Bread of Life. In the wilderness, our desires change. Our passions change. Our appetite changes.

But what is the end goal? Why are we doing this to ourselves? As you continue in Luke 4, we see that starvation, temptation, and the wilderness is not where it ends. Jesus leaves the wilderness, and we begin to see miracles happen, healings taking place, and evil spirits being cast out.

Do you need a miracle? Are you believing for the supernatural to happen within your family, your marriage, your finances, or your ministry? If so, the wilderness is where it often begins. There has never been a victory without a fight, and there has never been a crown without a cross.

You are beginning a journey that will bring you face to face with the thoughts, feelings, insecurities, and fears that you would rather avoid. As you step into the wilderness, alone, you will start your own journey, confronting the enemy’s lies and battling them with the truth of God’s Word. And, as you choose to lay yourself down on the altar, you will receive your freedom!

SCRIPTURE FOCUS FOR THE JOURNEY

(Luke 4:1-15) “¹ Then Jesus, full of the Holy Spirit, returned from the Jordan River. He was led by the Spirit in the wilderness, ² where He was tempted by the devil for forty days. Jesus ate nothing all that time and became very hungry.

³ Then the devil said to Him, “If you are the Son of God, tell this stone to become a loaf of bread.”

⁴ But Jesus told him, “No! The Scriptures say, ‘People do not live by bread alone.’”

⁵ Then the devil took Him up and revealed to Him all the kingdoms of the world in a moment of time. ⁶ “I will give You the glory of these kingdoms and authority over them,” the devil said, “because they are mine to give to anyone I please. ⁷ I will give it all to You if You will worship me.”

⁸ Jesus replied, “The Scriptures say, ‘You must worship the Lord your God and serve only Him.’”

⁹ Then the devil took Him to Jerusalem, to the highest point of the Temple, and said, “If You are the Son of God, jump off! ¹⁰ For the Scriptures say, ‘He will order His angels to protect and guard You. ¹¹ And they will hold You up with their hands, so You will not even hurt Your foot on a stone.’”

¹² Jesus responded, “The Scriptures also say, ‘You must not test the Lord your God.’”

¹³ When the devil had finished tempting Jesus, he left Him until the next opportunity came.

¹⁴ Then Jesus returned to Galilee, filled with the Holy Spirit’s power. Reports about Him spread quickly through the whole region. ¹⁵ He taught regularly in their synagogues and was praised by everyone.”

(Psalm 63:1) ¹ “You, God, are my God, earnestly I seek you; I thirst for you, my whole being longs for you, in a dry and parched land where there is no water.”

(Psalm 107:9) ⁹ “For He satisfies the thirsty and fills the hungry with good things.”

(John 6:35) ³ “Then Jesus declared, “I am the Bread of Life. He who comes to Me will never go hungry, and who believes in Me will never be thirsty.”

(John 7:37-38) ³⁷ “On the last and greatest day of the feast, Jesus stood and said in a loud voice, ‘If anyone is thirsty, let him come to Me and drink.

³⁸ Whoever believes in Me, as the Scripture has said, streams of living water will flow from within him.’”

SERVICE EXPERIENCE



During our prayer service at the church each night, we will walk through an interactive journey. Here are a few thoughts to consider while we experience this journey:

Preparation:

Our hearts and minds must be fixed on God, and God alone. Preparing for any journey requires thought, effort, intentionality, and determination. What is it that I'm seeking? What am I willing to do to obtain it? Am I open to listening or only open to being heard? These are the questions that we must ask ourselves before we can truly receive what God has for us, because it is going to require a wilderness.

The Wilderness:

This is a lonely place. Every fear, insecurity, intrusive thought, failure, and shortcoming resides here. The wilderness will steal every ounce of joy and hope, if you let it. The wilderness is also where we come face to face with all of the lies of the enemy, and are strengthened by the Holy Spirit, to combat every lie from the enemy. We see everything in the darkness. We see the good and the bad. You are encouraged to examine yourself, examine your habits and your "nature". Determine whether or not those line up with God's truth or the enemy's lies. We encourage you to isolate yourself in this experience. This wilderness experience isn't for your family, your friends, or your employer. This wilderness is for you to be alone with God. What is He speaking?

Truth/Affirmation:

This is where things really begin to get interesting! You've just left the wilderness, where every single lie has started to feel like truth, but you felt that "thing" rising up inside of you. That "thing" is discernment! You know these lies aren't your reality, and it is time to remind yourself of what the Word of God says about you! The Word tells us that His plans for us are good, and it's time to replace the lies with truth. Take this time to speak to yourself, giving no time to what you know to be a lie, and all focus being put on what God says about you! Don't worry about the person near you, speak to yourself out loud, let the enemy hear you declaring that you are EVERYTHING God says that you are!

Altar:

Here, we lay down everything at the feet of Jesus. Here, we present ourselves as a sacrifice. Here, we are the offering. We used to say that this type of offering “wouldn’t be much,” but we now know that we are royalty in the eyes of our Father, and all He desires is us. At this altar, we shed the skin of pride, arrogance, and self-righteousness. We pick up the banner of humility, meekness, and salvation. We lay aside the old, so that we may become new.

The Battle:

We have prepared our hearts for the journey, endured the wilderness, believed the truth, and submitted our will at the altar. We are better for the journey, now we fight for our families, friends, employers, ministry, and our future. As the arrows come in from the enemy, as the sun scorches our skin, we will not retreat! Because we know that we do not fight alone. And we know that we do not fight against flesh and blood, but against principalities, powers, and wickedness in the spiritual realm. IF GOD BE FOR ME, WHO CAN BE AGAINST ME? With that mindset of truth and determination, we wage war on every evil thought, evil word, evil spirit, evil intention, and evil plan, for the sake of our families, our church, our city, our country, and our world. We fight!

Praise:

Every good victory needs a song. What is your song in this season? What will your victory song sound like through mouths of future generations? Your wilderness has led to victory. Enjoy the feeling, sing loud!



HOW TO GET THE MOST OUT OF THIS JOURNEY

FAST

Fasting is a spiritual discipline that connects us to God and helps us disconnect from the noise of the world around us. It is a practice that releases God's supernatural power into our lives as we humble ourselves and express dependence on Him.

Whatever you do, do not give up! Make a solid decision right now to seek God fervently over the next 7 Days. Carve out time to sit with Him in prayer and ask Him to prepare your heart for all He has in store for you.

For more help fasting, please see the fasting guide that follows.

REFLECT

After reading the daily reflection, this is a great opportunity to journal or write down some notes on your phone about how you feel God speaking to you. What feelings came up as you were reading? What thoughts started going through your mind?

GET IN THE SCRIPTURE

After taking some time to reflect, read the Scriptures for the day, and even take some time to go deeper through study. A simple way to do this is to journal using the SOAP method.

Scripture—Write out the Scripture that stood out to you.

Observation—What stands out to you in this Scripture?

Application—How do you want to apply this Scripture?

Prayer—Take some time to pray through what was revealed to you.

PRAY

As you transition into a time of prayer, find a posture that allows you to get still and focus your thoughts on God.

There are prayer prompts for each daily focus that you can use to help you get started. Maybe you choose to pray for 10 minutes, or maybe you challenge yourself to pray longer. We encourage you to pray aloud if you can or write your prayers down to help you stay focused.

HOW TO FAST

(Matthew 6:17-18)¹⁷ But when you fast, put oil on your head and wash your face,¹⁸ so that it will not be obvious to others that you are fasting, but only to your Father, who is unseen; and your Father, who sees what is done in secret, will reward you.”

WHY SHOULD I FAST?

When we combine prayer and fasting, we practice biblical values that Jesus first modeled for us. Fasting is an act of intimacy with the Father. When we choose to fast, we are sacrificing one of our most essential daily routines. We are trusting that God will meet us in our hunger, and that we will be nourished by His Word. We do not fast to get something from God, but to know Him in a new and deeper way.

TYPES OF FASTS

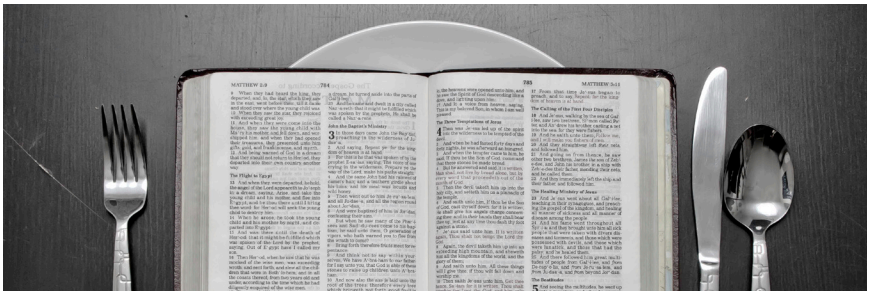
Before starting your fast, take time to pray through which type is best for you!

Complete Fast - In this kind of fast, you abstain from all food and consume liquids only.

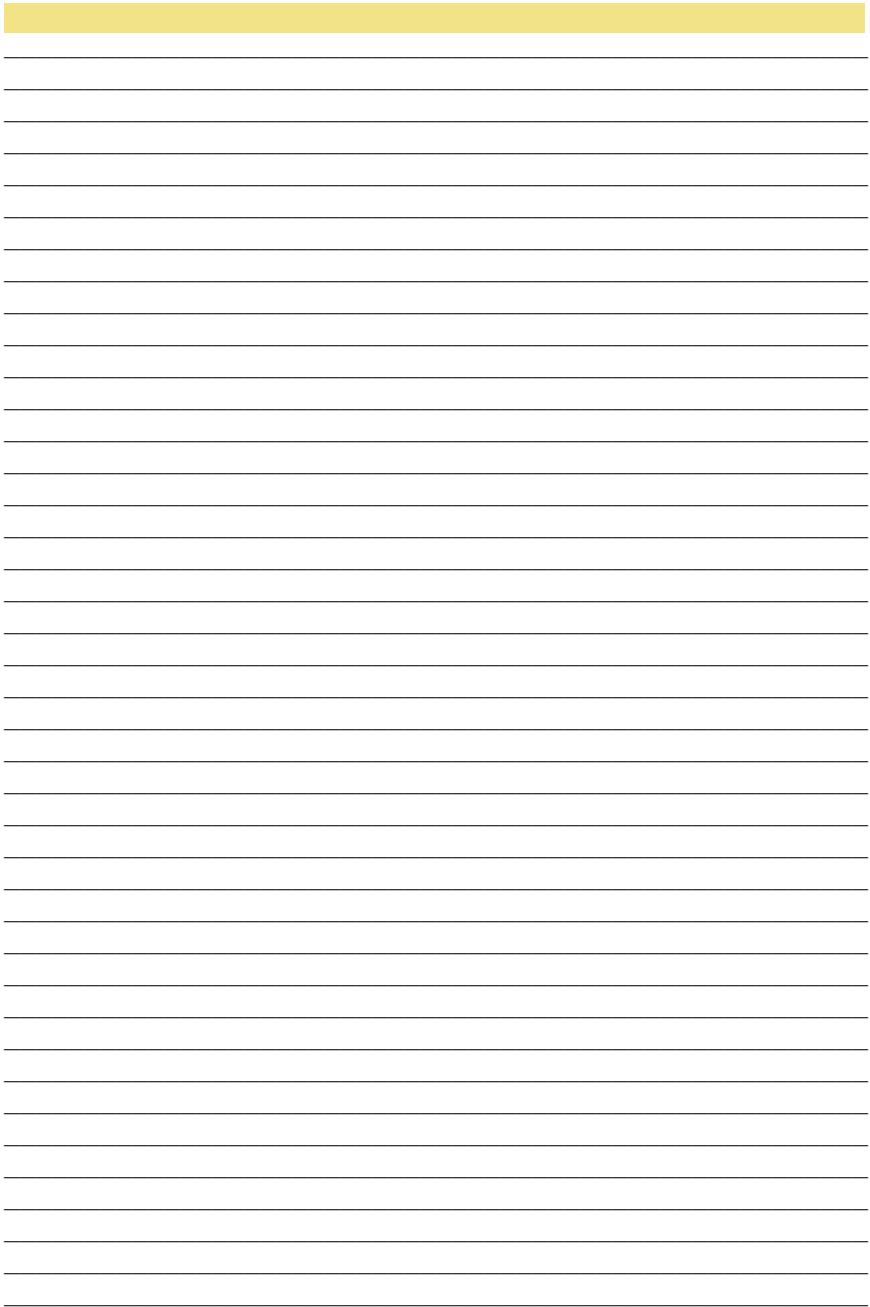
Selective Fast - Removing certain elements from your diet, like bread, sugar, meat, etc. Another example is The Daniel Fast.

Partial Fast - Only eating in a certain window of time. Another term for this is intermittent fasting.

Soul Fast - This is when you remove things other than food that have become distractions (social media, TV, etc.)



**WHAT DO YOU HOPE TO RECEIVE
FROM THIS JOURNEY?**



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DAY 1

PRAYER IS THE EXPRESSION OF OUR DEVOTION.

SCRIPTURE

(Luke 4:1) “1 Then Jesus, full of the Holy Spirit, returned from the Jordan River. He was led by the Spirit in the wilderness.”

REFLECTION

As you continue reading the Word, you will find that your devotion to God deepens, and prayer naturally becomes the way you express that devotion. Jesus had a hunger for prayer. Luke 4:1 describes Him being “full of the Holy Spirit,” and “led by the Spirit.” He was filled with the Holy Spirit and led by the Spirit continually because He had an overwhelming conviction of running to the Father in fervent, continual prayer. If we want to hunger and thirst for Him, prayer must be a huge part of that pursuit.

Prayer can look significantly different from person to person. While it is a discipline of our faith, when our hearts are truly devoted to Jesus, it does not feel like a chore.

Instead, it becomes a deep pleasure. There are many ways to practice prayer. For some, it might be in a home setting, while others may prefer a more structured format. The key is to find ways to pray that help you express your devotion to Jesus and inspire a greater hunger and thirst for Him. Do not worry about following exactly what others do; focus on what resonates with your heart and expresses your pure devotion to Jesus.

“True prayer is neither a mere mental exercise nor a vocal performance. It is far deeper than that. It is a spiritual transaction with the Creator of Heaven and Earth.” — Charles Spurgeon

PRAYER

Father God, only You are worthy of all my worship, devotion, praise, and trust, and deserve all the glory in my life. I love You, worship You, and give myself to You in my search for true life. I want to be filled by Your Spirit and led by Your Spirit. You alone are Life, and You have become my life. I turn away from all other gods and idols, and I give You, God, Your rightful place in my heart and life. This is all about You, not me. You are the Hero of this story, and I am Yours. In Jesus' name, Amen.

DAY 2

STAY ROOTED IN REVERENCE.

SCRIPTURE

(Luke 4:8) “^a Jesus replied to him, “It is written: ‘You shall worship the Lord your God and serve Him only.’”

REFLECTION

In Luke 4, we see Jesus in a place of prayer and fasting. When the enemy came to tempt Jesus into worshipping him, Jesus responded that only God should be worshipped and served. Jesus did not desire what the enemy promised to give Him in exchange for worship; instead, Jesus desired honoring God the Father with everything He did. In a dedicated season of prayer and fasting, Jesus showed the power of revering God and His place in our lives.

If we pause and look at our daily calendars, we will notice many things vying for our attention. For some of us, our schedules may even be filled with good things. Our day could be filled with work, school, family time, or even fun events. If we are not careful, however, we can fill our lives with good things instead of God things. In other words, if we are not intentional with our time, we can show more attention to other activities over God. Instead of Jesus being our main priority, He can become misplaced within our schedule as we show more reverence to lesser things.

Considering all of this, Jesus teaches us that we should always remain rooted in reverence to God alone. Devoting ourselves to prayer and fasting shifts our attention to focus solely on Him. When we place our focus on Him, we are telling ourselves, and God, that we prioritize Him over every other thing in our lives. In a world that seeks to turn us away from God, prayer and fasting recalibrates us toward Him. Let us be a people that are rooted in reverence of God in all that we do.

PRAYER

Father God, we pray that our hearts will truly learn to revere You in all we do. We bow before You, acknowledging You as our Lord and Savior, praising You for Your might, sovereignty, power, strength, mercy, and justice. Thank You for Your never-ending love, even when we do not deserve it. We stand in awe of You and surrender our hearts to You. We put You first, Lord. In Jesus' name, Amen.

DAY 3

FINDING CLARITY IN THE WILDERNESS.

SCRIPTURE

(Luke 4:6-7) “⁶ I will give You the glory of these kingdoms and authority over them,” the devil said, “because they are mine to give to anyone I please. ⁷ I will give it all to You if you will worship me.”

REFLECTION

Have you ever spent any time alone in the woods, on a lake, in the mountains, or on a beach? It is amazing where your mind will wander! There is something special about these moments. They are God-given opportunities to reset and to refocus. They help you reconnect with your “why”, returning you to what is most important in your life. This week, we hope that will happen for you!

But, when Jesus was in the wilderness, the devil also tried his best to get Him to give up His “why”, to exchange His worship for a different kind of life. If Jesus would just worship the devil, He would get all the glory (fame, prestige) and all the authority (power, influence) of all the kingdoms of the world. Jesus’ life would be totally different. He would have it all.

Each and every day, the devil tries the same thing with you and me. He constantly shows us all the other people around us and the amazing lives they live. And he tempts us to go after it all – to give up a piece of our worship for a chance at that life.

Will you give up your worship of God – His calling on your life – for what the world can give you? Have you already?

Jesus rejected the proposed exchange and declared that He would only worship and serve the Lord. In this quiet, wilderness moment, we urge you to reconnect with your “why.” This is your moment to find clarity and to rediscover that God has called you to your real purpose. And, if you do, your tomorrow can look vastly different!

PRAYER

Father, thank You for this special moment to reflect and to focus on You. Help me recognize where I am and what I have been living for. Draw near to me and help me reconnect with You and what you have called me to. Help me reject the pull of the world and the lure of the enemy to go after other things. Give me the clarity and strength to follow You alone and to live the life You have for me. I trust You. In Jesus’ name, Amen.

DAY 4

A DEEP YEARNING FOR GOD IS A PRECIOUS GIFT.

SCRIPTURE

(Luke 4:2) “²...where He was tempted by the devil for forty days. Jesus ate nothing all that time and became very hungry...”

REFLECTION

Hunger and thirst for God is not something we create on our own; it is a gift we receive from Him. Many Christians try to force themselves to feel this way, thinking things like, “I need to have more faith, be hungrier for God, and be more loving.” Satan attempted to use Jesus’ natural hunger against Him, but Jesus had a deeper hunger than His earthly appetite.

In Galatians 2:20, it says, “I have been crucified with Christ and I no longer live, but Christ lives in me. The life I now live in the body, I live by faith in the Son of God, who loved me and gave himself for me.” In the King James version, it says “I live by the faith of the Son of God.” Basically, when we realize that Christ lives in us and that our old selves are gone, we understand that our ability to live a Christian life comes from Jesus. Our ability to love God and our hunger for Him arises from Jesus’ passion for the Father and the Holy Spirit.

If you are looking to ask for that gift of spiritual hunger, resolve here and now that hungering and thirsting for more of Him is worth more than an earthly appetite. You can pray something like, “Father, please give me the love You have for Jesus. Jesus, fill me with the love You have for the Father. Holy Spirit, share with me Your love for both the Father and the Son. Amen.”

PRAYER

Father God, I need Your help to clear out the distractions in my life that have kept me from focusing on Your Kingdom. Take away my comforts, pleasures, and pride, and create a longing in me for Your righteousness. Help me to be like Jesus, who could not be persuaded by any earthly or carnal distractions—no matter how hard Satan tried. Fill me with Your abundant life. I want to chase after You, praise You, read Your Word regularly, stay committed to my local church, and learn more about You and Your ways. I know I need Your help to stay on the right track. Thank You for guiding me in Your righteousness and for helping me grow. In Jesus’ name, Amen.

DAY 5

ALLOW YOUR EXPERIENCES WITH GOD TO IGNITE YOUR LONGING AND DESIRE.

SCRIPTURE

(Luke 4:4) “⁴ But Jesus answered, “It is written: ‘Man shall not live on bread alone.’”

REFLECTION

When we experience God’s presence, our beliefs come to life. It is in those encounters that we connect with God personally, feeling Jesus, the Holy Spirit, and the Father’s love, which really strengthens our faith. Not every experience is going to be dramatic, but each one deepens our hunger and thirst to know Him more and listen to His heart.

When Jesus was in the wilderness His longing and desire for His Father grew stronger. The moments of hunger for natural food did not thwart His desire to have that deep fellowship with His Father. Jesus surely recalled His experiences in Heaven before coming to Earth. Remembering past experiences with God will beckon our hearts to draw closer to Him. In our times in our wilderness, we must reflect on how God has been with us, delivered us, walked with us, and provided for us. We hold fast to these intimate and deeply rooted experiences.

It is in these sacred moments we are reminded that God is real, personal, and deeply involved in our lives. That deep awareness boosts our faith and provokes a deeper commitment to Him. Imagine tasting something so sweet and delightful. You naturally crave more of it. Similarly, once we experience God’s profound presence, our spirits hunger and thirst for a deeper relationship with Him.

PRAYER

Father God, thank You for the moments when You reveal Yourself to us in special ways. Remind us of these experiences during times of doubt and uncertainty. Ignite in us a deeper longing to seek Your presence regularly and transform our hearts to align with Your perfect will. May we be ever aware of Your presence, allowing it to guide and empower us daily. In Jesus’ name, Amen.

DAY 6

DON'T STUFF YOUR SOUL WITH "FILLERS."

SCRIPTURE

(Luke 4:14) "14 Jesus returned to Galilee in the power of the Spirit, and news about him spread through the whole countryside."

REFLECTION

If Jesus spent forty days (about one and a half months) in the wilderness making room for all that the Father had for Him, we should hunger and thirst (make room) for all that the Father has for us!

Times of hungering and thirsting (making room) for more of God gives us an incredible opportunity to empty ourselves of the filler that Satan bombards us with on a daily basis.

The stuff (the filler) that Satan bombards us with brings dissatisfaction and, more often than not, it sometimes brings pain. Even more challenging than the dissatisfaction and pain that the filler brings is that this stuff occupies a space that should be filled by the plan, provision, and power of God for our lives!

We experience the complete plan, provision, and power of God for our lives only if we make room for it, only if we hunger and thirst for it!

Empty yourself today of fear, anxiety, stress, condemnation, and any other filler that Satan has brought into your life! Be filled with forgiveness, peace, joy, healing, strength, grace, and love. Return from your time of "hungering and thirsting" to Galilee (your home, your life) and live in the power of the Spirit!

PRAYER

I empty myself today of all the stuff that the enemy has bombarded me with and make room for the plan, provision, and power of God in my life. No more fear! No more anxiety! No more stress! No more condemnation! Fill me with peace! Fill me with joy! Heal my spirit and my body! Fill me with strength! Let me experience in a new and wonderful way Your plan, provision, and power for my life! In Jesus name! Amen!

DAY 7

COMMIT TO LEADING A WORD OF GOD-CENTERED LIFE.

SCRIPTURE

(Luke 4:13) ¹³ Now when the devil had ended every temptation, he departed from Him until an opportune time.”

REFLECTION

Did you know Jesus faced every temptation that we do? Hebrews 4:15 says, ¹⁵ Jesus, our high priest, is able to understand our weaknesses. When Jesus lived on earth, He was tempted in every way. He was tempted in the same ways we are tempted, but He never sinned.” This tells us that His time in the wilderness in Luke 4 was not the only time Satan tempted Him. How did He withstand those temptations? By knowing and using God’s Word.

We need the Word of God to be at the center of our lives. When it is, our hearts and minds become aligned with God’s. When armed with the Word of God we are able to resist Satan and his attacks. Jesus used God’s Word to stand strong while being tempted by Satan. As in Psalm 119:11, we hide His Word in our hearts so that we have the strength to stand in the face of temptation.

May our hunger and thirst for God’s Word grow stronger every day. May God’s Word light our steps so we see every obstacle Satan puts in our path. Only through God’s Word do we have the ability to become all He has created us to be. May we all feel the amazing presence of His Spirit every day as we absorb His Word. Let us hunger and thirst for His righteousness and desire the strength that only comes through knowing His Word.

PRAYER

Father God, I want my life to be centered on You, focused on what You desire for me. Help me to see Jesus clearly and follow His example of using Your Word to stand strong against the attacks of Satan. Give me the desire to read and apply Your Word to my life. Give me the wisdom to know Your Word and hear Your voice above all the noise around me. Help me to equip myself with the sword of the Spirit, which is Your Word, so that I can stand firm in the face of life’s temptations. In the name of Jesus, Amen.

NEXT STEPS



THE IMPORTANCE OF ONGOING DISCIPLESHIP

If you want to truly experience everything God has planned for you, it all starts with a personal commitment to growing as a disciple of Jesus. Think of a disciple as a learner, someone who sticks close to a mentor, or “master,” to soak up their knowledge and adopt their way of living.

Back in the time of the first-century Jews, they had a saying for this kind of close following: a disciple was said to be “covered in the dust” of their rabbi, because they followed so closely behind. Disciples are like apprentices, learning everything their master knows and does.

If Jesus is our teacher, what can we learn from Him? What is He really great at that we can pick up? Well, Jesus knows how to live a full, abundant life in God's kingdom. He shows us how to stay in constant, loving connection with God and with others.

Being a disciple means committing to spending time with Jesus to learn from Him, and ultimately becoming more like Him in every part of our lives.

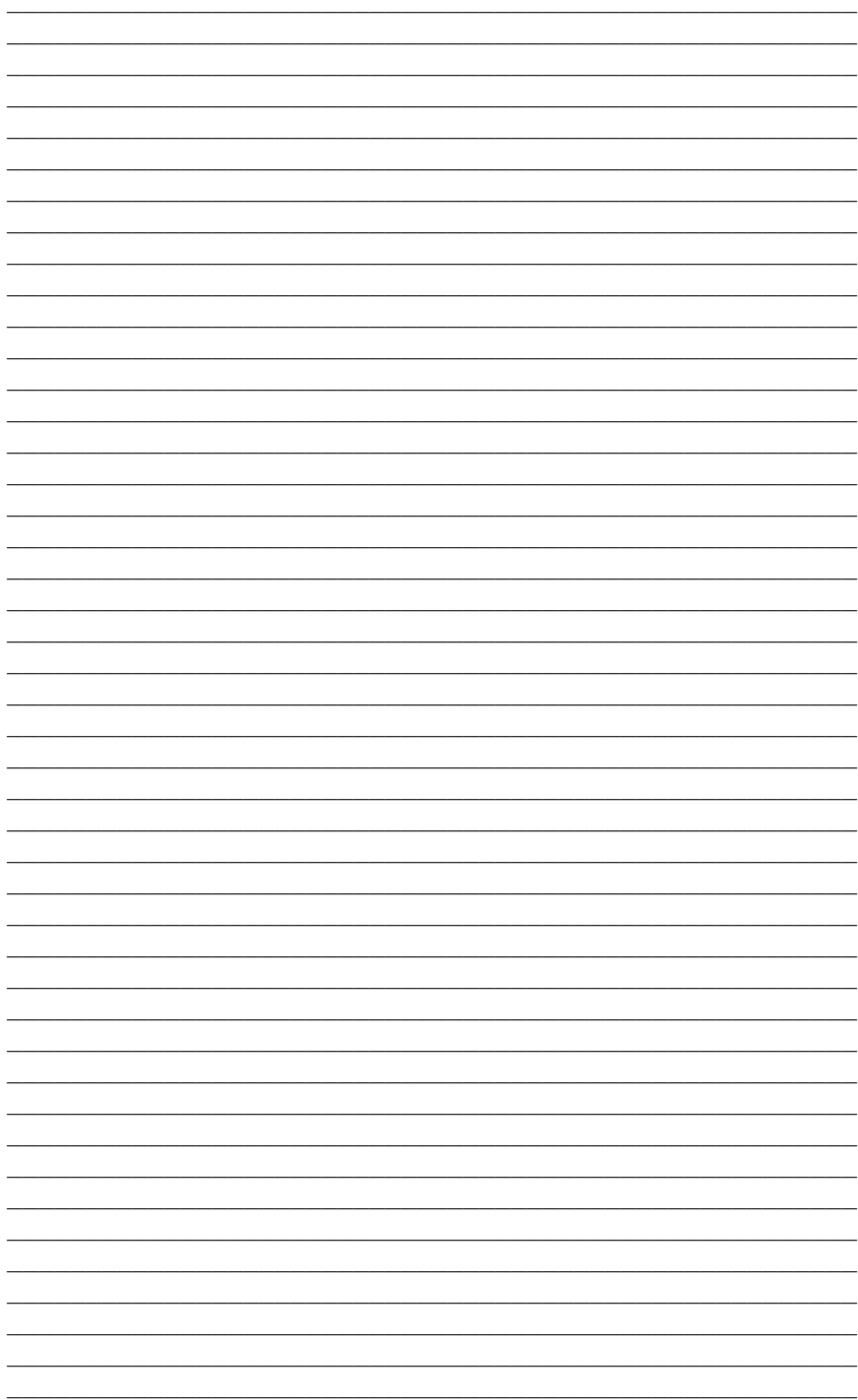
TAKE THE NEXT STEP IN YOUR DISCIPLESHIP JOURNEY

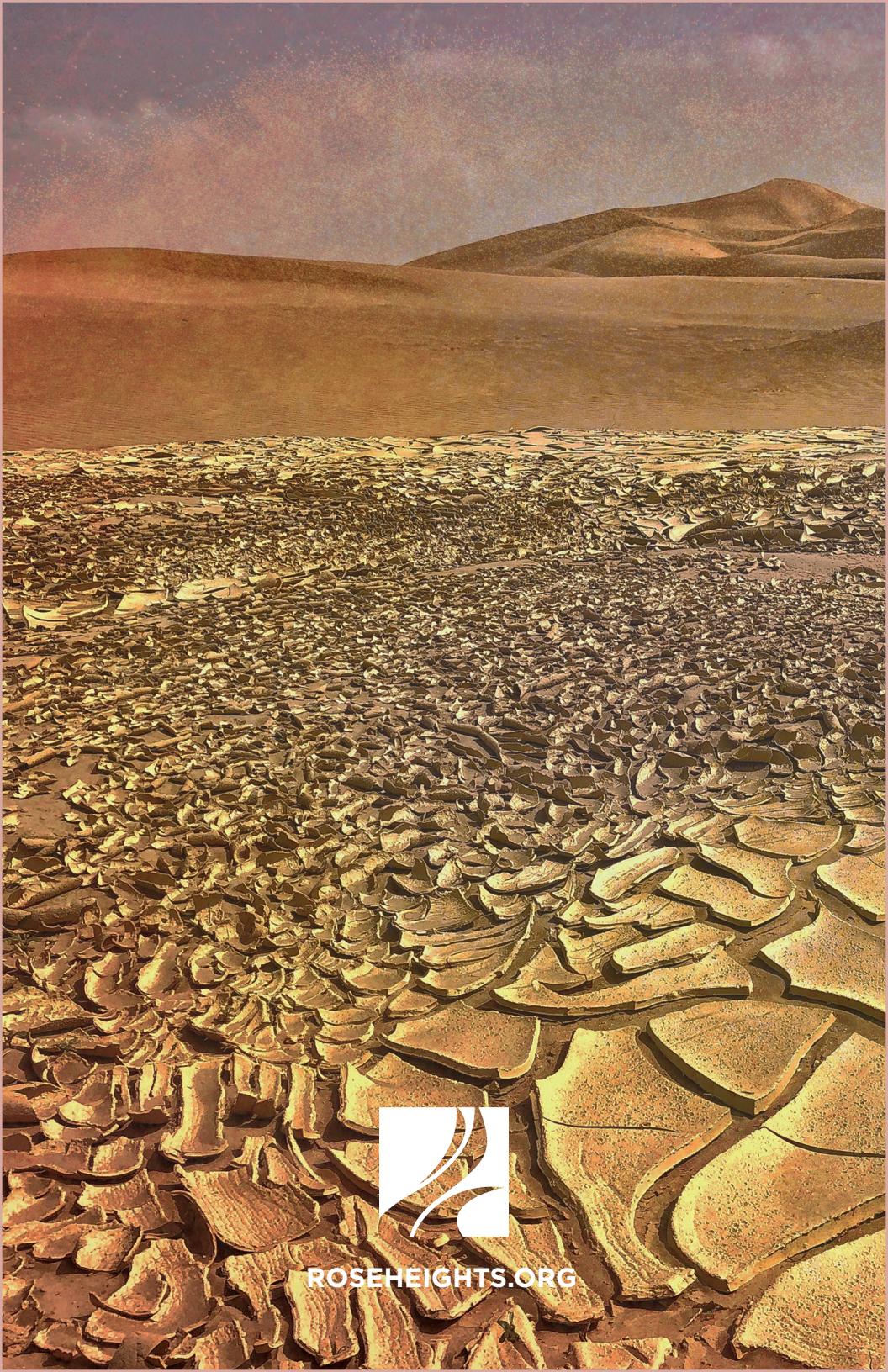
- Weekend Services
- Generational Ministries
- Choose Christ
- Water Baptism
- Growth Track
- LifeGroups
- Serving Teams

If you have any questions about what to do next, feel free to visit [**roseheights.org/nextsteps**](https://roseheights.org/nextsteps)

or email

[**info@roseheights.org**](mailto:info@roseheights.org)





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