

Prayer Guide

April 2, 2024

Today, as the Underground, we come together in prayer and fasting, collectively joining our hearts in a “laser-focused” way.

TODAY'S PRAYER THEME: HUNGER

Read: Matthew 9:14-16 (MSG)

14 A little later John's followers approached, asking, “Why is it that we and the Pharisees rigorously discipline body and spirit by fasting, but your followers don't?”

15 Jesus told them, “When you're celebrating a wedding, you don't skimp on the cake and wine. You feast. Later you may need to exercise moderation, but not now. No one throws cold water on a friendly bonfire. This is Kingdom Come!”

16-17 He went on, “No one cuts up a fine silk scarf to patch old work clothes; you want fabrics that match. And you don't put your wine in cracked bottles.”

Reflect

We all have our needs. Sometimes we meet them instinctively. When I'm hungry, I'll eat. When I need to rest, at some point my body will stop working until I've gotten the rest I need.

That being said, there are often times when we can be unaware of our needs until they're in front of us. We can work all day long, and not realize our need to eat until the plate is in front of us. We don't know how lonely we feel until we get a call from a loved one.

Today as we pray and fast together, could we give our spiritual need for Him the attention we give a meal. We need new wine, we need to reconvene with the Savior, we need a moment with the Father. Would you find a soft and safe place, and spend some time with him in this prompt.

Physical Needs

I'd like you to imagine you've just gotten home from a full day's work. You're exhausted, but more importantly you're hungry. When you walk inside and sit at the table, what is on your plate? In a deep hunger, what is the meal you go to for comfort and sustenance?

Take a few minutes to sit and reflect: What do I go to when I'm physically drained and need energy?

Emotional Needs

As you sit at the table, and finish your meal. I want you to think about the everyday rhythms of your life. On your way home from an emotionally exhausting day, what are the things you turn to? Is it a hobby, person, or even just a place.

Take a few minutes and try to visualize those things at the table with you. As if they're little figurines around the table. What do you do when you're emotionally drained?

Spiritual Needs

Now I want you to imagine Jesus at the table with you. How does he address you? What does he say?



As you look around the table, how have the things that meet your physical and emotional needs taken up space that only Christ can fill? Has your table become so full that you've had a hard time noticing Jesus was even there?

Ask Him: Are there things at the table you need to get rid of for a season? Are there things at the table that you need to surrender completely?

When we fast, we recognize that in our hunger, we need Him as much as we need food. What do you hunger for from the Father? What are your needs from Him?

Pray

Lord, we are hungry for more of you. We need you just as much as we need air and water. We give our lives to you, take what you want, it's all yours.

