



When Hunger Leads Us to Prayer

Hunger reminds us that we are not self-sufficient. We are creatures with limits, needs, and appetites. Often, we answer hunger without much thought. We reach for food and move on with our day. Fasting interrupts that rhythm. It allows hunger to become an invitation to stop, listen, and pray.

During 21 Days of Prayer, we are inviting everyone at The Summit Church to fast together on Thursdays. After those 21 days, we will continue this practice on the first Thursday of every month. We want fasting and prayer to become more than something we do during a special season. We want dependence on God to shape the ongoing life of our church.

Jesus said, “Apart from me you can do nothing” (John 15:5). Fasting helps us feel the truth of those words. It is the intentional setting aside of food, or another meaningful comfort when fasting from food is not wise, so that we can seek God with focus.

Fasting does not earn God’s love or persuade him to be kind to us. In Christ, we have received God’s grace. Jesus lived for us, died for us, and rose again for us. We do not fast to gain his favor. We fast because we already have it.

Fasting places us in a posture of humility. It is a way of saying, “Father, we need you more than we need the things that usually satisfy us.” As one of our Summit resources explains, we fast from food so that we can feast on Christ.

There is power in fasting together. Although we gather at campuses and live in communities, each Thursday we will bring a shared hunger before one Father. We will ask God to renew his church, save the lost, restore families, heal what is broken, deepen our unity, and send us throughout RDU and around the world as disciple-making disciples.

If we are physically able, we might fast for the entire day or skip one or two meals. We should drink plenty of water. The time normally spent preparing and eating food can become time for Scripture and prayer.

When hunger comes, we can let it guide us. We can pray for someone who needs Jesus, for our campus, and for our neighbors. We can ask God to search our hearts, reveal our sin, and show us where he is calling us to repent, obey, serve, or live sent.

For those who are pregnant, take certain medications, manage diabetes, have a history of disordered eating, or face other medical concerns, fasting from food may be unwise. We should seek appropriate medical guidance. We can still participate by surrendering another significant comfort, creating genuine space to seek God.

Church, we want prayer to come first, and second, and third. We want a holy hunger for God's presence and power in our homes, our church, and our city.

Let's come hungry. Let's come expectant. Let's ask God to do what only he can do.