

# Less of me a sermon series on fasting

✧ Eastview Church

Sermon Study - 1.11.2026

## Leader's Corner

The Invitation to Less for More

Deuteronomy 8:1-18 (NLT)  
Matthew 4:1-4 (NLT)

### Summary

We live in a culture of more—more noise, more consumption, more hurry—yet many feel spiritually empty. Jesus invites us into a countercultural practice: less for the sake of more. Through fasting, we practice spiritual decluttering, removing what competes with our hunger for God so we can grow in humility, dependence, and gratitude.

### Main Idea

Our hunger for “more” is often met not through accumulation, but through intentional less that creates space for God.

### Main Scripture

- Deuteronomy 8:1–18 (NLT)
- Matthew 4:1–4 (NLT)

### Main Practice

Fasting as spiritual decluttering—intentionally removing what competes with our hunger for God to make room for His presence.

## Prayer and Praise

### Liturgical Group Prayer

God of daily bread,  
We confess that we often confuse fullness with satisfaction.  
Teach us to hunger for what truly gives life.  
Form in us deeper humility,  
Grow our dependence on You,  
And awaken gratitude in our hearts.  
Clear what clutters our souls.  
Make space for Your presence.  
Fill us again—not with more, but with more of You.  
We do not live by bread alone,  
But by every word from Your mouth.  
Amen.

### Worship Suggestions

- “Daily Bread” – Pat Barrett
- “Yet Not I But Through Christ in Me” – CityAlight

## Group Discussion

1. Reflect on Sunday's sermon. What main points, Scriptures, or moments stood out to you this week?
2. Where do you feel the tension between pursuing more and still feeling empty?
3. In Deuteronomy 8, God uses hunger to form His people. How does that reshape your view of need or discomfort?
4. Why do you think prosperity, not scarcity, was Israel's greatest spiritual danger—and how do you see that today?
5. What "bread" are we most tempted to rely on instead of God?
6. How does viewing fasting as spiritual decluttering change your perspective on the practice?
7. What might God be inviting you to remove to create more space for Him?

## Reflection

### Invitation to Reflect

Take a quiet moment to sit with these questions. There is no pressure to solve—only to notice what God may be revealing.

- What fills my life but leaves my soul hungry?
- Where might God be inviting me to less?
- What might God want to reveal through fasting?

God cares more about what we are learning to hunger for than what we are giving up.

# Practice

## Fasting Options

Fasting is a gift, not a rule, and it is not one-size-fits-all. Choose a practice that is wise and life-giving.

### Food Fast

- Skip one meal or fast from breakfast and lunch for a day.
- Let hunger prompt prayer, Scripture, or quiet attention to God.
- Community Fast lunch tomorrow (1/12/26) as an entire church body.
- Come to either the Normal or Bloomington campus between 11:30am-1:00pm for prayer and connecting with staff.

### Practice Reminder

God cares more about what we are learning to hunger for than what we are giving up.

# Further Study

For those who want to continue reflecting on the invitation to less for the sake of more, explore the following Scriptures and voices from the Church. Use them for personal study, journaling, or prayerful meditation throughout the week.

### Additional Scripture Passages

1. Isaiah 58:6–11

God describes the fast He desires—one that loosens injustice, restores others, and leads to true renewal.

2. Psalm 63:1–5

A picture of deep soul-hunger for God and the satisfaction found in His presence alone.

3. John 6:35

Jesus declares Himself the Bread of Life, the One who truly satisfies hunger and thirst.

4. Joel 2:12–13

A call to return to the Lord with fasting, repentance, and wholehearted devotion.

5. Acts 13:2–3

The early church fasts and prays as a way of discerning God's direction and guidance.

### Theological Quotes for Reflection

- Augustine of Hippo:

“You have made us for Yourself, O Lord, and our hearts are restless until they rest in You.”

- John Chrysostom:

“Fasting is the support of our soul; it gives us wings to ascend on high.”

- Richard Foster:

“More than any other discipline, fasting reveals the things that control us.”

- Dallas Willard:

“Hurry is the great enemy of spiritual life in our day.”

- John Mark Comer:

“The discipline of fasting teaches us to say no to ourselves so we can say yes to God.”