

Sermon Notes: *"Hungry for More"*

Heart Work: Pursuing Spiritual Growth — Week 4

Matthew 6:16–24

11.8.26

Big Idea:

Your appetites make great servants and terrible masters.

- **FASTING:** When I say no to my stomach, I build strength to say no to my sin.

- **SIMPLICITY:** Simplicity isn't owning less; it's letting Jesus own me.

- **STEWARDSHIP:** I'm not the owner — I'm the manager.

So WHAT:

TRAINING:

- Intentional training isn't rejecting the gift — it's refusing to let the gift replace the Giver.
- **Choose your training:** Individual • Family • Seniors • Non-Food • Simplicity & Stewardship

Fasting isn't an empty plate — it's a different meal.

INVITATION:

When I withdraw from something, I make room for Someone.

"What area of my life has God been speaking into — again and again?"

"Where do I feel the pull of 'more' the strongest?"

"What would make me more like Jesus right now?"

Life Group ICEBREAKER: How do you stay in touch with the people closest to you during the day — texts, calls, pictures, memes, dinner-table talk? Which one feels most like "you"?

REVIEW:
Review the sermon notes from Sunday. Was there a particular point that stuck with you? What was it and why did it resonate with you?

READ: Matthew 6:16–24

- In Matthew 6, Jesus puts what we eat (16–18), what we keep (19–23), and who we serve (24) side by side. Why do you think He connects them?
- Darin said appetites make great servants and terrible masters. Where have you seen a good appetite — for food, comfort, or things — slide from servant to master?
- Esau traded his birthright for a single meal *(Hebrews 12:16)*. What "right now" things tempt people to trade away what lasts?
- To the Hebrew mind, humbling the appetite was humbling the soul *(Leviticus 16:29)*. Have you ever fasted? What did it reveal about what controls you?
- In v 16 Jesus warned against fasting for show. Why do spiritual practices drift so easily into performance? How do we keep them between us and the Father?

READ: Philippians 4:11–13

- Paul learned the secret of contentment "with plenty or little." What would change if you saw yourself as God's manager, not the owner (Matthew 25:14–30)?

READ: John 6:35

- Jesus said, "Whoever comes to me will never be hungry again." What does being hungry for more of Jesus look like in an ordinary week?

DEPLOY: Choose Your Training This Week:

1. *Ask the Father:* Pray Psalm 139:23–24 and ask where He wants to train you.
2. *Pick your fast:* One meal, or sunrise to sunset. Decide ahead of time what will fill that space — prayer, Scripture, a walk, family time.
3. *Open one hand:* Give one thing away; or, let your online cart sit 7 days before you buy.
4. *Feed someone:* Fast a meal, cook it anyway, and give it away.
5. *Pray for ECC's new season:* our elders, our unity, and what God is building here.

This week: Come ready to share what you chose — and what you learned about what you're hungry for.

Don't Forget:

- Final Vote for new Bylaws today!
- Operation Christmas Child (OCC) Packing Party – this afternoon at 2:00 pm
- Women's Coffee Connection – Saturday, Nov 24th, 9:00 am – 10:30 am
- Fifth Sunday Potluck – Nov 29th, 11:00 am

Prayer:

Father,

Thank You for every good gift — the food on our tables and everything You have placed in our hands. Forgive us for the times we've let those gifts become our masters, and for always reaching for more.
Train our appetites. Teach us to say no to small things so we can say no to sin. Teach us to hold what we have with open hands, as managers of what is Yours.

You already know everything we need. Make us hungry for more of Jesus, the Bread of Life. And as we step into this new season as a church, unite us, guide our leaders, and fill us with You.
Search us, O God, and know our hearts, and lead us along the path of everlasting life.

In Jesus' name, Amen.