



Hunger

Moving from

Starvation

to

Satisfaction

propel
church 

Welcome

LETTER FROM PS NICK

Hey friend,

I'm so glad you're joining us for this seven-day journey. Fasting is one of the most powerful spiritual rhythms we have, not because it proves our strength, but because it positions us to receive God's. When you fast, you're choosing to remove something that's been feeding you so you can focus on the One who truly satisfies. If you're new to fasting, I want you to hear me clearly: **you don't have to get this perfect for it to be powerful.** God responds to hunger, not performance. If you're seasoned in fasting, I believe God will meet you with fresh clarity, deeper conviction, and renewed joy.

This guide will walk with you every day. Whether you're fasting from food, media, or something else significant in your life, my prayer is that your hunger for God increases and your awareness of Him deepens. As a church, we're asking God to stir a holy hunger in us this year—one that transforms our lives, our families, and our city.

Wherever you begin this journey, know this: **God is already drawing near to you.** I'm honored to walk with you. With you on the journey,

Ps. Nick Newman
Lead Pastor, Propel Church

What is hunger?

Hunger is more than a physical experience—it's a spiritual indicator. When Jesus said, “Blessed are those who hunger and thirst for righteousness,” in Matthew 5:6 (NIV) He was talking about a desire for Him that reshapes our lives.

This fast is built around one core truth: **Whatever you feed will grow. Whatever you starve will die.**

Over these seven days, you are intentionally starving distractions, comforts, and unhealthy appetites so your desire for God can rise to the surface. Fasting is not about depriving yourself—it's about awakening yourself. It's about clearing space so God can fill it with what actually satisfies.

This is the first step in our 2026 spiritual journey roadmap: Hunger -> Formation -> Prayer -> Consecrate

Hunger awakens.
Formation shapes.
Prayer aligns.
Consecration sets apart.

How To Use This Devotional

1. One devotional per day

Each day includes:

- A Scripture to meditate on
- A devotional teaching
- A prayer focus
- Three engagement lanes
 - Simple Step (first-time fasters)
 - Stretch Step (growing fasters)
 - Deep Step (seasoned fasters)

2. Choose your lane

Pick whichever lane fits your season. There's no "better" lane—only the one that helps you engage God the most.

3. Miss a day? No stress.

Just pick up on the day you're on, there is no falling behind.

4. Build consistency, not perfection

Fasting isn't about flawless discipline, it's about faithful pursuit of God.

5. Make space for God

Take your time, slow down, be intentional, and expect Him to speak."

Types of Fast

Food Fasts (Recommended for Most)

- Full fast – liquids only (for experienced fasters)
- Partial fast – skip one or two meals per day
- Daniel-style fast – vegetables, fruit, water only
- Sunrise-to-sunset fast – eat only after sundown

Non-Food Fasts (If food fasting is not possible)

- Social media
- Streaming/entertainment
- Sugar or caffeine
- Eating out
- Unnecessary spending
- Gaming or digital noise

Choose something you regularly consume—something that has a “pull” on your life.

SAFETY & WISDOM NOTES

- We recommend that if you have pre-existing medical conditions, consult with your doctor before starting to fast. Choose a non-food fast is not downgrading the step you are taking to pursue God
- Stay hydrated, and listen to your body.
- There is no shame in modifying your fast—this is about formation, not punishment.

Suggested **Daily Rythym**

Morning

Read the Scripture + devotional.

Pray the prayer focus.

Choose your lane practice for the day.

Midday

Pause for 1–3 minutes.

Turn hunger into prayer.

Reflect on what God is revealing.

Evening

Complete your lane practice.

Journal a sentence or two.

Thank God for His presence.

Hunger

Moving focus Observation Rest Satisfaction

The 7-Day Devotional Outline

Day 1 — Hunger for God

Day 2 — Hunger and Humility

Day 3 — Hunger and the Word

Day 4 — God as Your Source

Day 5 — Wholehearted Seeking

Day 6 — Taste and See

Day 7 — Joy in His Presence

Hunger for God

Day One

“Blessed are those who hunger and thirst for righteousness, for they will be filled.

– Matthew 5:6 (NIV)

Hunger is one of the most honest indicators of life. When your body is hungry, it's because it's alive. The same is true spiritually. A spiritually hungry person isn't someone who has everything figured out—they're simply someone who knows they need more of God.

Fasting begins with this simple truth: **you cannot be filled by God if you're already full of everything else.** Most of us don't struggle with spiritual hunger because we don't want God. We struggle because our appetites are being fed by lesser things—comfort, distraction, entertainment, or unhealthy places we run when life gets loud. Those things keep us numb enough to function and busy enough to avoid God's voice.

Fasting interrupts that cycle. When you fast, you intentionally remove something that's been feeding you so you can make room for what actually sustains you. Fasting isn't about punishing your body; it's about positioning your heart. It's choosing to feel a temporary hunger so you can awaken a deeper one.

There's a reason Jesus tied hunger and righteousness together. Righteousness isn't about being "good enough," it's about living in a right relationship with God. When you want God more than you want the thing you're giving up, something shifts inside you. Your priorities reorder, your clarity sharpens, and your spirit becomes more sensitive to His direction.

Today invites you to begin this fast with a simple posture: "God, I want more of You." You may not feel spiritually strong or even feel hungry for God yet. But hunger grows when you stop feeding what's been dulling your appetite.

As you fast today, let the physical hunger you feel become a reminder of your deeper spiritual one. Every time your stomach growls or you think about the thing you're giving up, turn your attention toward God. Whisper a simple prayer: "Lord, satisfy my hunger."

He promises that those who hunger for Him will be filled. This fast begins with choosing that hunger.

Prayer Focus

Ask God to awaken a fresh hunger for His presence, His voice, and His Word. Invite Him to expose anything that has been dulling your appetite for Him.

Next Step: Engagement Lanes

Simple Step (First-Time Fasters)

Skip one meal today. During that time, pause for 3–5 minutes and pray this simple prayer: “Jesus, increase my hunger for You.”

Stretch Step (Growing Fasters)

Fast until lunch or dinner. Read Matthew 5:6 two or three times today and journal one area where your appetite needs to change.

Deep Step (Seasoned Fasters)

Fast the entire day or until dinner. Spend 15–20 minutes in silence, removing all noise and inviting God to reveal what has been feeding your life more than Him.

Hunger and Humility

Day Two

“So humble yourselves under the mighty power of God, and at the right time He will lift you up.”

– 1 Peter 5:6 (NLT)

Hunger always reveals what we’re depending on. For many people, the hardest part of fasting isn’t giving something up—it’s losing the sense of control that comes with it. When you take away a source of comfort, your heart is suddenly exposed. The things you normally use to cope, distract yourself, or stay afloat aren’t there to grab onto. That discomfort isn’t a sign that something is wrong; it’s a sign that something is being revealed.

Fasting brings you face-to-face with your dependence. Not just your reliance on food or conveniences, but your dependence on yourself: your strength, your timing, your control. That’s why Scripture ties hunger to humility. Humility isn’t a personality trait; it’s a posture. It’s the moment you willingly take the lower place and say, “God, I can’t lift myself.” When you fast, you’re choosing to lay down your usual sources of strength so you can receive strength from God instead.

Humility isn't thinking less of yourself; it's thinking less about yourself. It's refusing to make your desires, your cravings, your schedule, your comfort, or your need for control the center of your life. Humility says, "God, I trust Your timing more than my own." And the promise in Scripture is that God lifts up those who lower themselves before Him. Fasting creates space for that lifting to happen.

What if the things you're feeling today—weakness, distraction, irritability, hunger—are indicators of failure? What if they're actually invitations by God to draw you back to dependence on Him?

Hunger pulls the curtain back on what you've been leaning on, and humility invites God to step into the void created when you're no longer relying on yourself. When God steps in, He lifts you up—into strength, clarity, freedom, and peace you could not manufacture on your own. Today, don't fight the discomfort or hide from the dependency God is uncovering. Let hunger humble you, humility position you, and God lift you.

Prayer Focus

Ask God to expose any place where you've been relying on yourself more than Him. Invite the Holy Spirit to cultivate humility in your thoughts, attitude, and desires today.

Next Step: Engagement Lanes

Simple Step (First-Time Fasters)

During one moment of hunger today, stop and pray: “God, I depend on You.”

Say it slowly and let it settle.

Stretch Step (Growing Fasters)

Fast one or two meals. When hunger hits, write down one area where God is asking you to surrender control.

Deep Step (Seasoned Fasters)

Fast the entire day or until dinner. Spend 10-15 minutes in reflective prayer, asking God to reveal subtle areas of pride or self-reliance.

Repent and realign.

Hunger and the Word

Day Three

“...People do not live by bread alone, but by every word that comes from the mouth of God.”

– Matthew 4:4b (NLT)

Every hunger you feel today is telling you something. Your physical hunger reminds you that your body needs food to stay alive. But Jesus teaches us that there's another kind of hunger beneath the surface—one that no meal, no moment of comfort, and no distraction can satisfy.

When Jesus was fasting in the wilderness and temptation hit, He didn't respond with willpower. He responded with truth. He didn't fight the enemy in His own strength; He fought with Scripture. And in doing so, He made a clear statement for every one of us: God's Word is more necessary for your life than food.

If you think about it, most of us live with a constant cycle of consumption. We consume news, entertainment, opinions, information, noise, and content. None of those things are inherently wrong, but they feed us more than we often realize. And over time, they create a spiritual imbalance, and our souls get full of everything except the only thing that can actually sustain us. That's why fasting and Scripture go hand in hand—fasting empties and Scripture fills.

Physical hunger without spiritual feeding becomes nothing more than a diet, but when you pair fasting with the Word of God, something changes. Your heart becomes more receptive, your mind becomes clearer, and your spirit becomes more sensitive to His voice. This is what Jesus modeled for us: The Word of God is the nourishment your soul was designed for.

Think of Scripture as bread for your inner life. Just like food strengthens your physical body, Scripture strengthens your spiritual one. It stabilizes your emotions, grounds your faith, renews your mind, corrects your course, and it speaks life when everything around you feels empty.

During this fast, don't simply remove what feeds the flesh—replace it with what feeds the Spirit of God in you. The more you fill up on God's Word, the more you'll experience the satisfaction that only He provides. Today, let every hunger pang remind you: I was made to live on God's Word.

Prayer Focus

Ask God to increase your appetite for Scripture. Pray for a renewed desire to read, hear, understand, and respond to His Word today.

Next Step: Engagement Lanes

Simple Step (First-Time Fasters)

Read Matthew 4:1–11 today. Choose one verse that stands out and repeat it throughout the day.

Stretch Step (Growing Fasters)

Fast one or two meals. Read Matthew 4 slowly and journal one phrase or truth the Holy Spirit highlights.

Deep Step (Seasoned Fasters)

Fast the entire day or until dinner. Spend 20 minutes reading and meditating on Matthew 4. Write down any lies the enemy has used against you and respond with Scripture as Jesus did.

God as Your Source

Day Four

“The Lord is my shepherd; I have all that I need.”

– Psalm 23:1 (NLT)

Fasting is more than saying no to food or comfort; it's learning to say yes to God as your source. At the time David said, "The Lord is my shepherd; I have all that I need" in Psalm 23, he wasn't living in ideal circumstances. He was often surrounded by danger, uncertainty, responsibility, and pressure. Yet he made this declaration that cut through all of it: **God is enough for me.**

The truth is, most of us don't live like God is enough. We live like God is almost enough, if everything else goes right. So if life feels stable, we've got the approval of others—He's enough. God is enough for you, even if circumstances don't line up. Fasting exposes those areas of reallocated dependency, not to condemn you, but so God can replace them with something better—Himself.

When you fast, you create intentional emptiness: empty time, empty space, empty appetite. But emptiness isn't the goal. **Dependence on God is what we're after!** Fasting brings you to the place where you stop relying on what normally carries you and learn to rely on God as the One who sustains you.

David understood this. Sheep don't provide for themselves. They don't navigate, defend, or even choose their own path. They follow. And when they are following, they're cared for by their shepherd. That's what fasting trains you to do—follow The Good Shepherd. To say: "God, You lead, You provide, You protect, You sustain, You are enough, and I will follow."

When you feel hunger today, it's not a failure of the fast—it's a reminder that you need God. It's a cue to shift your attention from what you lack to the One who lacks nothing. A shepherd never asks a sheep to be self-sufficient. He simply asks the sheep to stay close.

As you fast today, don't just feel the empty places; invite God into them. Let hunger remind you that you are not your own source. You aren't carrying yourself or supplying your own strength. Your Shepherd is here and, with Him, you truly have all that you need.

Prayer Focus

Ask God to become your source today. Pray for a deeper awareness of His presence and provision in areas where you've been trying to provide for yourself.

Next Step: Engagement Lanes

Simple Step (First-Time Fasters)

**When you feel hungry today, stop and pray:
“God, You are enough for me.” Say it slowly until
peace settles in.**

Stretch Step (Growing Fasters)

**Fast one or two meals. Read Psalm 23 out loud
and underline every phrase that speaks to God’s
care and provision.**

Deep Step (Seasoned Fasters)

**Fast the entire day or until dinner. Spend 15–20
minutes in quiet reflection: Where have you
been acting as your own shepherd? Surrender
those areas to God.**

Wholehearted Seeking

Day Five

**“If you look for Me wholeheartedly,
you will find Me.”**

— Jeremiah 29:13 (NLT)

Every fast eventually reaches a turning point where the physical challenge remains real, but something deeper begins to awaken. You begin to sense that this isn’t just about getting through seven days. It’s about learning to seek God with your whole heart, not just the convenient parts.

We often treat seeking God like a task on a list: something squeezed between responsibilities, picked up when we feel inspired, or returned to when life gets complicated. But Scripture offers a different picture. God says He reveals Himself when we seek Him with all our heart—not half of it, not the parts that feel easy, not the moments where we have nothing else going on. Wholehearted seeking is what fasting trains you to do.

When you fast, you’re choosing to reorder your heart around God. You’re saying, “I want You more than comfort, more than rhythm, more than routine.” And the promise in Jeremiah 29 is not vague or symbolic; it’s specific: those who seek God wholeheartedly will find Him.

But wholehearted seeking doesn't always feel dramatic or emotional. Some days it's quiet, some days it's persistent, and some days it's choosing to keep going even when you feel tired, irritable, or distracted. Seeking God isn't proven by moments of intensity; it's proven by moments of consistency. Think of fasting as clearing the clutter in your heart. When you remove what fills your time and attention, your desire for God rises to the surface. It becomes clearer what competes for your affection. It becomes easier to see what steals your focus. And in that clarity, seeking God becomes not an obligation, but a longing.

The hunger you feel today is not a sign of weakness; it's a signal that your heart is waking up. God is not hiding from you; He is inviting you deeper, and His promise stands firm: **If you seek Him with your whole heart today, you will find Him.**

Prayer Focus

Ask God to give you a wholehearted pursuit of Him. Pray for a focused, undivided heart that seeks His presence above every distraction.

Next Step: Engagement Lanes

Simple Step (First-Time Fasters)

**Take 5 minutes today to sit quietly and pray:
“God, help me seek You with my whole heart.”**

Stretch Step (Growing Fasters)

**Fast one or two meals. Write down three
distractions that pull your heart away from God.
Ask Him to realign those areas.**

Deep Step (Seasoned Fasters)

**Fast the entire day or until dinner. Spend 20
minutes in silence and stillness, focusing solely
on inviting God to reveal Himself as you seek
Him wholeheartedly.**

Taste and See

Day Six

“Taste and see that the Lord is good; blessed is the one who takes refuge in Him.”

– Psalm 34:8 (NIV)

As you move deeper into this fast, something important begins to happen: hunger stops being the only thing you feel, and awareness of God begins to rise. The promise in Psalm 34 is simple yet profound. God doesn’t just want to be known intellectually; He wants to be experienced.

“Taste” is an intentional word. It’s personal, experiential, and sensory. When you taste something good, you don’t need someone else to convince you of its value; you know it for yourself. The same is true of God. He doesn’t want you to live off of someone else’s faith, passion, or spiritual breakthroughs. He wants you to encounter Him in a way that marks your life. Fasting creates space for that encounter.

When you deny your usual comforts and patterns, you become more aware of God’s presence. You notice His whisper, sense His nearness, recognize His peace, and in those moments, you don’t just learn that He is good —you taste it.

But notice the second half of the verse: “Blessed is the one who takes refuge in Him.” Refuge is where you run when life feels heavy. It’s where you hide when you’re overwhelmed. It’s where you rest when you’re exhausted. For many people the things they run to are the very things they fast from—entertainment, busyness, food, noise, or distractions.

Fasting shifts your place of refuge and turns your attention from the things that temporarily soothe you to the One who truly sustains you. You begin to learn that God isn’t just good—He satisfies. He meets you in the quiet, strengthens you in the hunger, and speaks when you slow down long enough to listen.

Maybe today you find yourself craving relief more than revelation—that’s okay. Bring that desire to Him. God doesn’t bless your performance; He blesses your pursuit, and if you’ll lean into Him today, even in your weakness, you’ll taste His goodness in ways you may never have noticed before.

Prayer Focus

Ask God to help you experience His goodness today in a personal and tangible way. Pray that He becomes your place of refuge and rest.

Next Step: Engagement Lanes

Simple Step (First-Time Fasters)

Whenever you feel hunger or desire comfort today, pause and pray: “Lord, show me Your goodness right here.”

Stretch Step (Growing Fasters)

Fast one or two meals. Spend 10 minutes journaling moments today where you sensed God’s presence or goodness.

Deep Step (Seasoned Fasters)

Fast until dinner. Spend 20-30 minutes in worship or stillness, intentionally focusing on God’s goodness and thanking Him for His nearness.

Joy in His Presence

Day Seven

“You make known to me the path of life; You will fill me with joy in Your presence and with eternal pleasures at Your right hand.”

– Psalm 16:11 (NIV)

You’ve reached the final day of this fast and whether it’s been smooth or challenging, easy or stretching, God has been moving in you. Fasting doesn’t always feel powerful, but it always produces something powerful. Sometimes you notice immediate clarity, while other times you don’t realize the shift until later. But every fast leaves you different.

Psalm 16:11 gives us a picture of what God does in those who hunger for Him: He makes the path of life clear. He fills you with joy by giving you a taste of what only comes from His presence. If you think about it, that’s exactly what this fast has been about. Hunger was never the goal—it was the tool God used to awaken something deeper in you. As you emptied yourself of lesser things, you made room for God to speak, guide, and refresh you.

Now, on the final day, you get to celebrate that God has been faithful—even if you struggled, didn’t fast perfectly, or had moments where you slipped.

Perfection was never the requirement; pursuit was. What God desires most is not flawless discipline—it's a responsive heart.

Fasting ends the same way it begins: with hunger. But now it's a different kind of hunger. A hunger shaped by focus. A hunger sharpened by dependence. A hunger fueled by Scripture, prayer, humility, and surrender. A hunger that leads you into the path of life instead of the path of distraction.

As this fast comes to a close, take a moment to look back. What did God reveal? What desires shifted? What distractions lost their grip? What new hunger rose to the surface? Sometimes the greatest blessing of fasting is simply realizing how much you need God, and how willing He is to meet you.

This final day doesn't mark the end of what God is doing, it marks the beginning of a renewed pursuit. Continue leaning into His presence, seeking His voice and embracing the joy that comes from following Him. Let this fast be a marking moment—a place where your hunger deepened and your life moved forward in God.

Prayer Focus

Thank God for what He has done in you this week. Ask Him to help you continue walking in hunger, clarity, joy, and devotion long after the fast ends.

Next Step: Engagement Lanes

Simple Step (First-Time Fasters)

Break your fast with gratitude. Take five minutes to thank God for one thing He revealed or strengthened in you.

Stretch Step (Growing Fasters)

Journal the top three things God did in your heart this week and identify one habit you want to continue moving forward.

Deep Step (Seasoned Fasters)

Spend 20-30 minutes in reflection or worship, asking God to seal the work He's done and show you how to carry this hunger into the next season.

End-of-Fast Reflection

Use this page to look back and capture
what God has done.

Reflection Questions

- **What desires shifted during this fast?**
- **What did God reveal about your hunger?**
- **What distractions lost their grip on your heart?**
- **Where did God meet you unexpectedly?**
- **What spiritual habits do you want to carry forward?**
- **What is one area of your life you want to surrender more fully to God?**

Final Encouragement & Next Steps

Congratulations—you've completed the Hunger Fast. Whether this was your first fast or your fifteenth, God has been moving in your life over the last seven days. The hunger you felt wasn't a setback—it was a signal from God to remind you that you were made for Him, and that nothing satisfies like His presence.

Don't let the end of this fast be the end of your pursuit. Let this be the beginning of a year marked by clarity, devotion, and spiritual growth. Your next step in our 2026 formation journey is the Formation Fast in May—a deep dive into identity, patterns, and spiritual habits that help you become who God created you to be.

Until then:

- Stay connected.
- Stay hungry.
- Keep seeking Him.
- Keep moving forward.

We love you, and we're honored to walk this journey with you.

FAQs

What if I forget I'm fasting and eat something?
You didn't ruin the fast. Just continue—fasting is a posture, not perfection.

What if fasting feels too hard?
That's normal. Let the struggle become a reminder of your need for God.

Can I fast from something other than food?
Absolutely. What matters is sacrificing something meaningful.

How do I hear God during a fast?
Through Scripture, quiet moments, conviction, clarity, and peace. God often speaks through impressions that align with His Word.

What if I'm doing this alone?
Text someone from your Small Group or Team. You don't have to walk alone on this journey.

Scriptures

**A collection of verses to read
during the fast:**

- **Matthew 5:6**
- **Psalm 63:1-8**
- **Psalm 34:8**
- **Psalm 23**
- **Jeremiah 29:13**
- **Matthew 4:1-11**
- **Psalm 27:4**
- **Isaiah 55:1-3**
- **Philippians 3:7-14**
- **John 6:35**