

**40 DAYS OF SEEKING GOD**  
**CONTROLLING MY APPETITES**

Pastor Dennis Clanton  
Woodland Church  
Sunday, February 23, 2020

*“What joy for those whose strength comes from the LORD, who have set their minds on a pilgrimage to Jerusalem. When they walk through the Valley of Weeping, it will become a place of refreshing springs. The autumn rains will clothe it with blessings. They will continue to grow stronger, and each of them will appear before God in Jerusalem. O LORD God of Heaven’s Armies, hear my prayer. Listen, O God of Jacob. Interlude”* (Psalm 84:5–8, NLT)

**1. PRAY ABOUT EVERYTHING.**

*“Don’t worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done.”* (Philippians 4:6, NLT)

**2. A SPIRIT CONTROLLED MIND LEADS TO LIFE AND PEACE.**

*“So letting your sinful nature control your mind leads to death. But letting the Spirit control your mind leads to life and peace.”* (Romans 8:6, NLT)

**3. PRAYER AND FASTING WILL FOCUS MY MIND ON GOD.**

*“So I turned to the Lord God and pleaded with him in prayer and fasting” ...  
“I went on praying and confessing my sin and the sin of my people, pleading with the LORD my God for Jerusalem, his holy mountain.” ... “The moment you began praying, a command was given. And now I am here to tell you what it was, for you are very precious to God. Listen carefully so that you can understand the meaning of your vision.”* (Daniel 9:3,20,23, NLT)

*“We fasted and earnestly prayed that our God would take care of us, and he heard our prayer.”* (Ezra 8:23, NLT)

4. **THANK GOD IN EVERYTHING.**

*“...Tell God what you need, and thank him for all he has done.”*  
(Philippians 4:6, NLT)

*“Be thankful in all circumstances, for this is God’s will for you who belong to Christ Jesus.”* (1 Thessalonians 5:18, NLT)

**GROWTHWORK**

1. **MAKE A PRAYER LIST.**

2. **MAKE A GRATITUDE LIST.**

3. **MAKE A LIST OF WHY, WHEN, WHAT YOU WILL FAST.**

4. **MAKE A HABIT OF FOCUSING ON GOD.**

*“Keep your thoughts continually fixed on all that is authentic and real, honorable and admirable, beautiful and respectful, pure and holy, merciful and kind. And fasten your thoughts on every glorious work of God, praising Him always.”* (Philippians 4:8, Passion)