

Class by Susan Freeze  
Tuesday, October 31, 2023

## ***The Zion Principles of Hungering and Thirsting for Righteousness and Being Merciful to Others***



### **Praying to “Hunger and Thirst after Righteousness”**

Examples of praying God’s Words back to Him when you seek holy hunger:

#### **Psalm 119**

**Vs. 176** I have gone astray like a lost sheep; seek Thy servant, for I do not forget Thy commandments.

***(Call me back.)***

**Vs. 36-37** Incline my heart unto Thy testimonies and not to covetousness. Turn away mine eyes from beholding vanity; and quicken thou me in Thy way.

***(Incline my heart and help me not to be distracted with worldly things.)***

**Vs. 72** The law of Thy mouth is better unto me than thousands of gold and silver.

***(That I might treasure up Your Word.)***

**Vs. 5** Oh, that my ways were directed to keep Thy statutes!

***(Help me to apply Your Word in my life.)***

**Vs. 32-35** I will run the way of Thy commandments when Thou shalt enlarge my heart. Teach me, O Lord, the way of Thy statutes; and I shall keep it to the end. Give me understanding, and I shall keep Thy law; yea, I shall observe it with my whole heart. Make me to go in the path of Thy commandments, for therein do I delight.

***(I want to run towards You. Change my heart. Teach me Lord. I desire to have understanding. Help me follow Your commandments.)***

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More examples—practice praying these scriptures when you seek holy hunger:

**Ephesians 3:16-19** That He would grant you, according to the riches of His glory, to be strengthened with might by His Spirit in the inner man, That Christ may dwell in your hearts by faith, that ye, being rooted and grounded in love, May be able to comprehend with all saints what is the breadth, and length, and depth, and height, And to know the love of Christ, which passeth knowledge, that ye might be filled with all the fullness of God.

**2 Timothy 2:15** Study to show thyself approved unto God, a workman that needeth not to be ashamed, rightly dividing the word of truth.

**2 Nephi 6:102** And feast upon that which perisheth not, neither can be corrupted; and let your soul delight in fatness.

**2 Nephi 13:29-30** Wherefore, ye must press forward with a steadfastness in Christ, having a perfect brightness of hope and a love of God and of all men. Wherefore, if ye shall press forward, feasting upon the word of Christ, and endure to the end, behold, thus saith the Father, Ye shall have eternal life.

**2 Nephi 14:4** Wherefore, I said unto you, Feast upon the words of Christ; for behold, the words of Christ will tell you all things what ye should do.

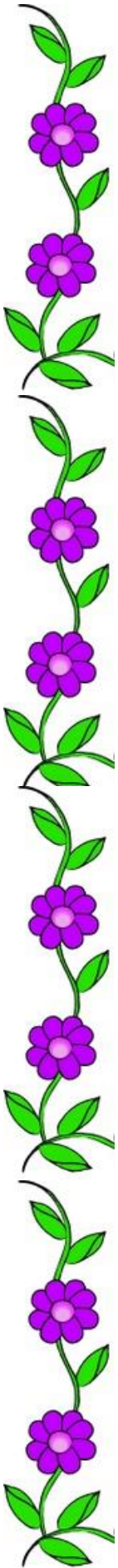


**2 Nephi 13:30** Wherefore, if ye shall press forward, **feasting upon the word of Christ**, and endure to the end, behold, thus saith the Father: Ye shall have eternal life.

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**Study Ideas:**  
**(Five days a week – every day is better!)**

1. Devotional (could be online too)
2. Start reading the gospels
3. Read one or two chapters
4. Read the same chapter over (Romans 12)
5. Read all the short books in the bible
6. Make a goal and read \_\_\_\_ pages a day
7. If you don't want to write all over your bible get a paper copy.
8. Study by Topics – Lectures of Faith, Joy, Zion
9. SOAP Method (See SOAP handout; many examples on internet and Pinterest.)
10. Sometimes other books can bring understanding.  
(Be acquainted with all good books—D&C 87:5b.)



Scripture

Observations

Application

Prayer



**S**

**Scripture** - Write out the scripture you are studying or focusing on.

**O**

**Observations** - What sticks out to you?  
Are there promises or commandments?  
Are there companion scriptures?

**A**

**Application** - How can you apply this scripture in your life? Possibly list action items!

**P**

**Prayer** - Pray that the Lord would help you apply these truths in your life.

## Prayer Precedes Power

E.M. Bounds:

"The secret of success in Christ's Kingdom is the ability to pray."

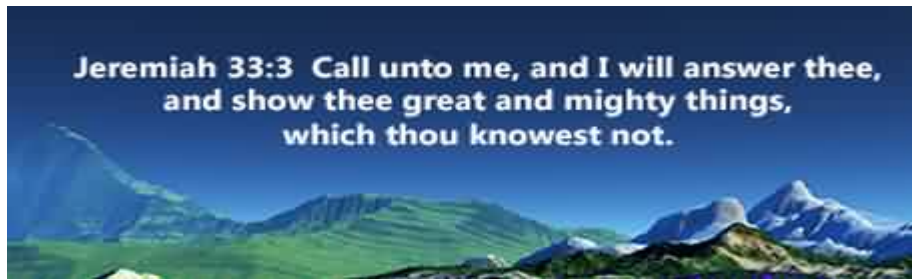


### Prayer Ideas

1. Prayer cards – help you remember concerns.
2. Writing prayers down helps focus. Set a timer.
3. Pray when you are driving. God is a great copilot. Empty the seat next to you.
4. Pray as you are doing everyday tasks. Take the time to thank him for a washer and dryer that works. Pray over your loved ones as you fold clothes. Thank God that you have an abundance of food when you do dishes.
5. Pray when someone comes to your mind.
6. When you feel yourself being irritated – stop and pray. SNAP – Stop Now and Pray
7. Don't use energy worrying or rehearsing what you want to say to someone. – Pray about it.
8. Count your blessings. Thank God for the good things in life. (Everyday was a good day when all the girls were home.)
9. Pray with others – OGRB Women before Wed. night.

### Prayer Prompts

10. Talk to God like a friend- He tells us to pray over our flocks – Alma 16:219. He calls us friends – John 15:15



## **PRAYER AND FASTING**

**1 Thessalonians 16-21** Rejoice evermore. Pray without ceasing. In everything give thanks; for this is the will of God in Christ Jesus concerning you. Quench not the Spirit. Despise not prophesying. Prove all things; hold fast that which is good.

**2 Nephi 14:11- 12** For if ye would hearken unto the spirit which teacheth a man to pray, ye would know that ye must pray: for the evil spirit teacheth not a man to pray, but teacheth him that he must not pray. But behold I say unto you, that ye must pray always, and not faint: that ye must not perform anything unto the Lord, save in the first place ye shall pray unto the Father in the name of Christ, that he will consecrate thy performance unto thee, that thy performance may be for the welfare of thy soul.

**Alma 16:219 – 220** Yea, humble yourselves, and continue in prayer unto him; cry unto him when ye are in your fields; yea, over all your flocks; cry unto him in your houses, yea, over all your household, both morning, mid-day, and evening; yea, cry unto him against the power of your enemies; yea, cry unto him against the devil, who is an enemy to all righteousness. Cry unto him over the crops of your fields, that ye may prosper in them: cry over the flocks of your fields, that they may increase. But this is not all: ye must pour out your souls in your closets, and your secret places, and in your wilderness;

**Alma 16:238** And that ye live in thanksgiving daily, for the many mercies and blessings which he doth bestow upon you; yea, and I also exhort you my brethren, that ye be watchful unto prayer continually, that ye may not be led away by the temptation of the devil, that he may not overpower you, that ye may not become his subjects at the last day: for behold, he rewardeth you no good thing.

Despite what we may or may not understand about prayer, God has deliberately chosen this particular vehicle as the one that drives His activities in people's lives. It's what He allows us to use to cooperate and partner with him in the fulfilling of His will. He's created prayer as a primary way of putting us into personal contact with Him and with His eternal realities, any hour of the day or night. – Priscilla Shirer

This is how we go to war. We pray! – Pat Chadwick

### **Accept the Invitation**

Remember that you have been invited by God himself to pray to him.  
He tells you to ask, seek and knock.

**Matt 7:12** Say unto them, Ask of God; ask, and it shall be given you; seek, and ye shall find; knock, and it shall be opened unto you. **7:13** For every one that asketh, receiveth; and he that seeketh, findeth; and unto him that knocketh, it shall be opened.



## **Fasting: A Hunger for God**

**Matt 6:17** Moreover, when ye **fast**, be not as the hypocrites, of a sad countenance; for they disfigure their faces, that they may appear unto men to fast. Verily, I say unto you, they have their reward.**6:18** But thou, when thou fastest, **anoint thy head** and wash thy face, that thou appear not unto men to fast, but unto thy Father who is in secret; and thy Father who seeth in secret, shall reward thee openly.**6:19** Lay not up for yourselves treasure upon earth, where moth and rust doth corrupt, and where thieves break through and steal.**6:20** But lay up for yourselves treasures in heaven, where neither moth nor rust doth corrupt, and where thieves do not break through nor steal. **6:21** For where your treasure is, there will your heart be also.

**Mark 9:26** And he said unto them, This kind can come forth by nothing but by prayer and **fasting**.

**Omni 1:47** Yea, come unto him, and offer your whole souls as an offering unto him, and continue in **fasting** and praying, and endure to the end; and as the Lord liveth, ye will be saved.

**Alma 4:6** Nevertheless the children of God were commanded that they should gather themselves together oft, and join in **fasting** and mighty prayer, in behalf of the welfare of the souls of those who knew not God.

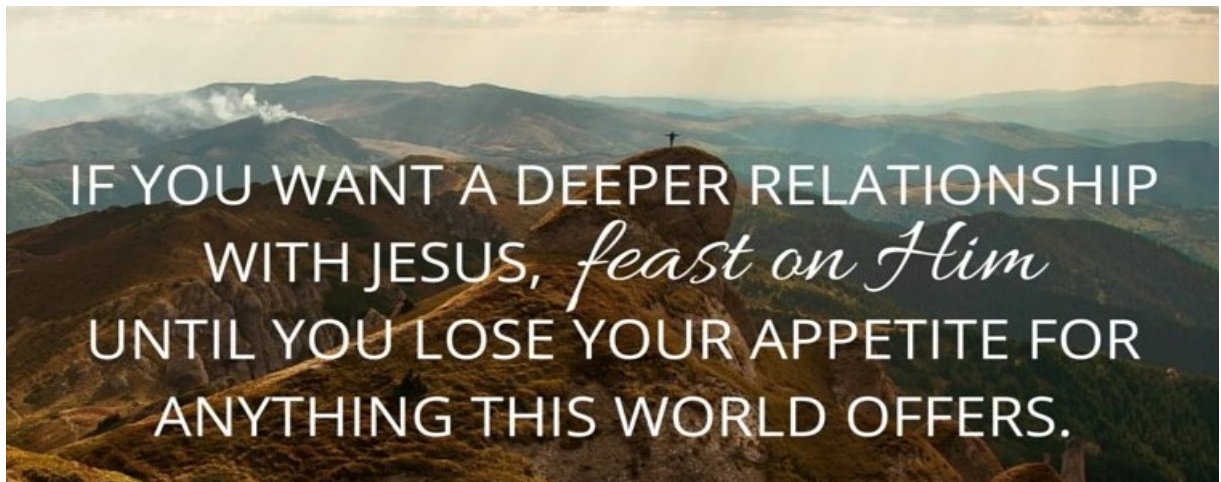
**Alma 15:5** But this is not all: they had given themselves to much prayer, and **fasting**, therefore they had the spirit of prophecy, and the spirit of revelation, and when they taught, they taught with power and authority, even as with the power and authority of God.

**4 Nephi 1:13** And they did not walk any more after the performances and ordinances of the Law of Moses, but they did walk after the commandments which they had received from their Lord and their God, continuing in **fasting** and prayer, and in meeting together oft, both to pray and to hear the word of the Lord.

**D&C 59:3b** Verily this is **fasting** and prayer; or, in other words, rejoicing and prayer.

**D&C 85:21a** Also, I give unto you a commandment, that ye shall continue in prayer and **fasting** from this time forth.

**D&C 85:36b** Organize yourselves; prepare every needful thing, and establish a house, even a house of prayer, a house of **fasting**, a house of faith, a house of learning, a house of glory, a house of order, a house of God;



**Alma 16:151** But behold, if ye will awake and arouse your faculties, even to an experiment upon my words, and exercise a particle of faith; yea, even if ye can no more than desire to believe, let this desire work in you, even until ye believe in a manner that ye can give place for a portion of my words.

### **Experiment with Fasting**

Juice Fast (I will do this if I know I am dehydrated but want to fast.)

Broth Fast (Nice alternative in the winter or a 3 day fast.)

Soup Fast

Fast breads – all kinds biscuits, pancakes, cookies

Fast sweets / Fast sweets for a month

One day a Week

One day a week plus three other meals sometime during the week. (Modified 2 days)

Spend your lunch hour with God. What a great lunch date!

Fast one meal a day for a month.

Fast three days – additional prayer needed

Fast three days a month is like tithing (10%)

### **Suggestions for People Who Can't Fast Food Completely**

1. Consider a Daniel Fast

- No meat, no dairy, no bread, no processed foods, no sweets.
- Eat fruits, vegetables, legumes, nuts, seeds, whole grains

2. Modified Daniel Fast - add meat

3. Eat Simply – boiled egg and veggies all day

4. Eat only soup for a day

Note: When you fast what you can, it is like the widow's mite.

## **Fasting Tips**

- 1. Preparation: Pray over your fast before you ever start – consider administration.**
- 2. Start slowly – one meal a week for a month.**
- 3. Drink a lot of water the day before. Don't start a fast dehydrated.**
- 4. Don't drink caffeine the day before a fast.**
- 5. Don't eat sugar or limit sugar the day before you fast.**
- 6. Remember to fast from outside influences. No TV / Social Media. Use the time to draw away.**
- 7. Pick your fast day carefully. (I don't typically fast when I travel or if I have a big responsibility at work.)**
- 8. Power Through – consider administration.**
- 9. Don't be too hard on yourself.**
- 10. When you break your fast, eat lightly.**

Additional Resources:

<https://www.faithgateway.com/why-should-i-fast-7-examples-fasting-bible/#.XqlaYahKi00>

Why should I fast? 7 examples of Fasting in the Bible – Kristen Feola

Fasting for Spiritual Breakthrough- Elmer L. Towns

A Hunger for God – John Piper