



**“To Fast or Not to Fast, That is The Questions” - March 8, 2026**

**Sermon by Pastor Jeanette Yep**

## **Group Leader Notes**

Fasting is one of the most ancient spiritual practices in the Bible, yet many Christians today rarely talk about it or practice it. In this message, Pastor Jeanette explores what Jesus says about fasting in Matthew 6:16–18 and how fasting can help us slow down, create space for God, and deepen our spiritual hunger. Rather than being about legalism or self-denial alone, fasting is an invitation to focus our hearts on God and seek Him more intentionally in our daily lives.

**Main Scripture Reading: Isaiah 58:6-7**

## **Group Discussion**

Begin in prayer before reading and discussing the text.

1. Pastor Jeanette states that *fasting creates space in our lives so we can hunger more deeply for God*. What do you think it means to “create space” for God in your life?
2. She defined fasting as *“voluntarily giving up something for a time to focus more fully on God.”* What are some things people today might fast from besides food?
3. Pastor Jeanette talks about “grievous sacred moments” when people in the Bible fasted during crisis, grief, or when seeking God’s direction. Have you ever experienced a moment like that? How did you respond spiritually?
4. Why do you think fasting is less common among many Christians today, especially in cultures where comfort and convenience are normal?
5. She connects fasting with caring for others (based on Isaiah 58). How might fasting lead someone to become more generous or attentive to the needs of others?

***Let’s Pray***

<https://youtu.be/rZnbitkKqZE?si=-OxWozUwoiM4E-Ne>

