



“Fasting for Strength, Spiritual Formation & Mission” - March 15, 2026

Sermon by Pastor Tim Ghali

Group Leader Notes

Pastor Tim Ghali explores how fasting can strengthen our faith, deepen spiritual formation, and prepare us for mission. Looking at Jesus’ forty-day fast in Luke 4, we learn how fasting helps us resist temptation, grow stronger in God’s Word, and rely on the power of the Holy Spirit.

Main Scripture Reading: Luke 4:1-15

Group Discussion

Begin in prayer before reading and discussing the text.

1. **Pastor Tim tells us that Jesus was not fasting at his weakest but at his strongest.** How does that perspective change the way you think about fasting or other spiritual disciplines?
2. **Jesus responded to temptation by quoting Scripture.** What role does Scripture play in helping us resist temptation or stay grounded in difficult moments?
3. **Pastor Tim asked the question: “Who are you when no one is looking?”** Why is our private spiritual life important, and what practices help strengthen it?
4. **He also explained that saying “no” in fasting can help us say “no” to other temptations in life.** Have you experienced a spiritual practice helping you develop discipline in other areas?
5. **In conclusion Pastor Tim suggested several reasons for fasting—clarity, repentance, strength, justice, and mission.** Which of these resonates most with where you are in life right now, and why?

Let’s Pray

https://youtu.be/pN2YevXJdLE?si=1Mm_7aqLC0-ZbRMG

