



Countercultural Practices

Week 3: Fasting | Teacher: Reward Sibanda

Sermon Questions for 7.13.2025

Opener

What is the best meal you've ever had?

Read

Psalms 35:13; Genesis 1:26-28; 1 Thessalonians 5:23; Romans 1:9; Isaiah 26:9; Isaiah 58:5; Ezra 8:21; Matthew 17:14-21; Jeremiah 6:16

Main Points

1. God is generous and every single thing that comes from God has no lack.
2. Every practice has a corresponding faculty. Every practice, even fasting, is an invitation into more, not less.
3. Fasting is the only countercultural practice that engages the soul, serves the spirit and benefits the body.
4. Fruit is always for other people. God bears fruit through us for the benefit of others.
5. Fasting humbles our souls.
6. "Prayer needs fasting for its full growth. Prayer is the one hand with which we grasp the invisible. Fasting is the other hand, the one with which we let go of the visible." - from *With Christ In The School of Prayer* by Andrew Murray.

Engage with God in a Group

- What has been your experience with fasting so far in your life?
- How might you incorporate fasting into your regular faith practices?
- When was the last time you would describe yourself as feeling rested?
- What do you think has the biggest grip on your heart or mind that God is inviting you to let go of to fast, so that you may see and hear from him more clearly?

Bottom Line

At its core, fasting is an invitation into rest, and into the sabbath of God for our souls, through our bodies so our spirits can find their rest in him.