



Journey Church

Apprenticeship

May 7, 2023

Fasting

Fasting prioritizes the spiritual over the physical

Genesis 3:1-7, Matthew 4:1-4, John 4:31-34

Fasting starves the flesh and feeds the spirit.

Matthew 26:41, John 3:6

- **It reorders our desires.**

Galatians 5:16-18

- **It reorients us to God.**

Mark 9:18-29, Matthew 6:5-6

- **It reinforces our worship.**

Romans 12:1, Matthew 16:24, 1 Corinthians 6:19-20

Questions/Topics for this week:

1. Why was fasting a practice that Jesus took part in?
2. What does fasting look like in your own life? If it is meant to prioritize the spiritual over the physical, what in your life could you spend time without?
3. Fasting does not always have to relate to food. What are some things that we could fast from in our fast paced lives?

Be Intentional:

This week consider taking a break from something to spend time focused on God. This could be from food, social media, your cell phone, etc. Be intentional about where your focus is during the upcoming week.

Pray:

Spend time praying together. What are some ways in which you can pray for each other? Take some time in the coming week to explore ways in which you can encourage one another. Remember to share with your group what you are learning about those opportunities and reflect on God's Word as you pray for each other.