



JANUARY 28

FASTING

### INTRODUCTION

Jesus not only showed us how to fast but promised that his followers would fast as well. Fasting draws us closer to God by starving our flesh and feeding our spirit. We fast to help us focus on God and the things of His kingdom.

### DISCUSSION QUESTIONS

1. What does it mean to fast?
2. What has your past experience with fasting been? Why have you or haven't you fasted in the past? What has Jesus taught you about or through fasting?
3. Read **Matthew 9:14-15**. What does Jesus say is the purpose of fasting? In what ways has Jesus' kingdom not fully come to bear in your world? Where are you praying for Jesus to come in and push back darkness?
4. Read **Isaiah 58**. What insights does God give us about the type of fasting that He desires?
5. Are there any ways as a LifeGroup that we should fast together or encourage each other as we fast?

### MOVING FORWARD

Are there any functional savors that you should consider fasting from? If so, what? (These could be morally neutral things.) Here are some helpful questions to help you diagnose:

- What things absolutely draw you away from Jesus?
- What things distract you from Jesus or cause you to grow numb to Him?
- What things become excuses for not participating in community or serving others?
- What things do you run to when you are hungry, angry, lonely or tired?

### CHANGING YOUR MIND

*As the deer longs for streams of water, so I long for you, O God. Ps. 42:1*