

Journey Together

8-week resource guides for groups of all sizes

Get Real

What are you thankful for from this past week?

What struggles did you face this past week?

What can you share from:

recent personal Bible readings or thoughts (not on today's topic)?

last week's Get Active challenge?

Get Fed

What Scripture or thought would you like to share on today's topic?

Read Joel 2:12-13

Fasting is seen in the Old and New Testaments. What is its purpose?

Often people tore their clothes to show remorse, what does it mean to tear or rend your heart?

Read Mark 2:18-20

Why did Jesus' apostles not fast?

Should we fast today?

Share any experience you have with fasting.

Read Acts 14:21-23

In what situation is fasting practiced in this passage?

What similar situations do we face that fasting and prayer could be incorporated?

Read Matthew 6:16-18

What impact should these instructions have on our fasting today?

Get Active

Skip one meal this week and replace it with a time of prayer and reflection on your walk with Christ.

Look up one Scripture on next week's topic "**Connecting through Confession**" and discuss it with your family members prior to next session

Connection Series

Strengthening our relationships with God and His people

1 Connecting with God in Prayer

2 Connecting with others in Prayer

3 Connecting with God by Meditating on His Word

4 Connecting by Sharing God's Word

5 Connecting through Fasting

6 Connecting through Confession

7 Connecting through Service

8 Connecting through Encouragement