

1. Jesus makes the statement; "*when* you fast..." The assumption is that His followers would fast. Would you agree that a follower of Jesus should fast? Support your answer.
2. How does the Bible define fasting?
3. Poll your small group with this question; "Is fasting a regular part of most Christians' life?" Discuss your answer.
4. Consider these quotes from the sermon. "Fasting reveals who or what we are hungry for." "Fasting shows us who/what controls us." Why is it so difficult for us to fast?
5. What could happen in your life that would prompt you to fast? What are Biblical reasons to fast?