

Spiritual Discipline: Fasting

Matthew 4:4 (TNIV)

⁴Jesus answered, "It is written: 'People do not live on bread alone, but on every word that comes from the mouth of God.'"

1. Which of the following best represents your reaction to the thought of fasting?
 - a. Ugh
 - b. Hmmm
 - c. Wow!
 - d. Ok
 - e. Freedom
 - f. You've got to be kidding
2. Share some reflections on this morning's sermon about fasting?
3. As a K-group, read the following passage's on fasting.
 - a. Isaiah 58:1-7
 - b. Daniel 10:1-14
 - c. Matthew 6:16-18
 - d. Luke 4:1-13
 - e. Acts 13:1-3
 - f. Acts 14:21-23
4. Based on these passages, what are the different contexts surrounding those who fasted? In your own words, how would you define fasting and what is its purpose? What can we learn about fasting from these passages?
5. For those of you who have tried practicing the spiritual discipline of fasting, what was most difficult? What was most rewarding?
6. In addition to fasting from food, what other types of fasting should we consider?
7. What do you sense God wants you to do as a result of this lesson?

Note: The Fellowship Pastors are calling the church to a food fast on Good Friday (April 18). We are asking that our church family fast for at least one meal and to use the meal time to read one of the biblical accounts of the crucifixion and to reflect on God's amazing grace. Finish your time with the Lord in worshipful prayer. Ask God to prepare your heart for "Resurrection Sunday!"