

Home Group Discussion Guide for Spiritual Disciplines: Fasting

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The following questions are designed to help groups explore the message shared in the AM service on Sunday. Diving deeper into what was shared, but also challenging participants to consider how God is wanting them to apply it to their lives.

*These questions are designed as a guide to help lead discussion. **Please don't feel that all questions need to be asked**, instead respond to the needs of your group.*

GETTING STARTED

1. Invite members of the group to share about experiences of spiritual fasting they have undertaken previously (if any). Was it a helpful experience?
2. What was the main challenge or idea that stood out to you from Sunday's message?

REFLECTING ON THE MESSAGE

Key Scriptures: *Acts 12:25-13:3; 2 Samuel 12:13-20; Esther 4:15-16*

1. Fasting is the act of **giving something up** and **redirecting our attention** to God
 - How does this help develop our relationship with God?
2. If fasting isn't about 'twisting God's arm' then why is it something that we practice?
3. In Esther 4, all the Jewish people are invited to fast for Esther. What was the benefit/reason for this?

Bonus Question

4. What are some other examples of fasting that you can find in Scripture? What can we learn from them? (Jonah 3 and Matthew 6:16-18 are some possible examples)

RESPONDING TO THE MESSAGE

1. Is there something in your life that appears to take more time and attention than it should? What would it look like to fast from that and to give that time to God?
2. How do you feel you could best engage with the invitation to prayer and fasting happening 4-10th March?

OPPORTUNITY FOR PRAYER

Our Home Groups are the primary place for pastoral care to occur within the Church. We would encourage you to take the opportunity to pray for each other in this space.

Please also pray for the week of prayer and fasting happening on the 4th-10th March, dedicating that time to God.

