The Way
UP
is
DOWN

(A Lesson on Prayer and Fasting)

1. The greatest _____ in our relationship with God is our _____ and lack of _____. *(Isaiah 2:12, Luke 14:11, James 4:6-10, Philippians 2:3, Proverbs 16:18, Romans 12:3, Psalm 10:4)*

2. God shows us how to _____ ourselves through _____ and _____. *(Psalm 35:13, 2 Chronicles 7:14, Ezra 8:21-33, Acts 13:1-4)*

3. Fasting was a _____among the apostles and the Christians. *(Matthew 6:5, 6:16, Luke 18:11-12, Leviticus 16:29-31, Mark 2:18, Luke 2:37, Acts 13:2, Acts 14:23, Luke 2:37)*

4. Prayer and fasting are _____ against the _____. *(Ephesians 6:10-12, 6:18, Psalm 18:2, Psalm 27:1-5, Romans 8:28)*

5. Fasting _____ your prayers on God by _____ making more room for God. *(Matthew 6:16-18, Matthew 9:15, Ezra 8:23, Joel 2:12)*

6. We want to intentionally _____ as individuals and as a body here at THRIVE. *(Ezra 8:23, Psalm 145:18, Colossians 4:2, 1 Timothy 2:8, James 5:16. Daniel 9:3, Nehemiah 1:4-11, 2 Chronicles 7:14)*

Taking it further to help you THRIVE…

THRIVE Groups are where life and growth take place.
We don't want to just say "See you next week" as we leave each Sunday - we want to connect!
[For more info on joining a THRIVE Group, visit thrivekg.org/thrive-groups.]

1. Looking back at your notes from this week's teaching, was there anything that particularly caught your attention, challenged, or confused you?

2. After reading Psalm 10:4 and Matthew 6:1-4, what are some prideful things that hinder your relationship with God? When you serve, do you want to be recognized by others for your efforts? How easy or hard is it to serve totally in secret with nobody ever knowing?

3. Passages from Matthew 6 and other places in the Bible clearly show that prayer and fasting were done on a regular basis. We know that as Christians we pray often in private and in public, but do Christians fast on a regular basis? Why or why not? What are your personal views about Christians fasting on a regular basis?

4. In Ezra 8:21 when Ezra said, "I proclaimed a fast, so that we might humble ourselves before our God…," what do you think he meant? How does humbling ourselves relate to fasting?

5. Do Christians today pray and fast against the enemy's attacks? Why or why not? Do we do one without the other? Why or why not? What can fasting add to prayer when praying against Satan's attacks?

6. Thinking about the lesson, should THRIVE pray and fast on a regular basis? Why or Why not?