

Habits of Grace: Fasting

Matthew 9:14-15

What is it?

- Intentionally _____ from any _____
for a _____ and for a _____.

Why does it matter?

- It helps us _____ our true _____.

- It _____ our longings toward their true _____.

How do I start?

- Make a _____.

- _____ some _____.

- _____ the _____.

QUESTIONS FOR FURTHER DISCUSSION:

1. What has your experience with fasting been? Why have you or haven't you fasted in the past?
2. Read Matthew 9:14-15. What does Jesus say is the purpose of fasting? What are some areas in your life (or world) that you are mourning for?
3. Read Isaiah 58 together. Along the way, make observations about the type of fasting that honors God.
4. What are some "functional saviors" that you should consider fasting from? Think through these diagnostic questions:*

 - What things absolutely draw you away from Jesus?
 - What things distract you from Jesus or cause you to grow numb to Him?
 - What things become excuses for not participating in community or serving others?
 - What things do you run to when you are hungry, angry, lonely, or tired?

5. Will you commit a time in the near future to fast from something? Share your plan with your group, then follow up together on your experience.

*This question was borrowed from Midtown Fellowship in Columbia, SC.

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