

1 Therefore, brothers and sisters, in view of the mercies of God, I urge you to present your bodies as a living sacrifice, holy and pleasing to God; this is your true worship.

— *Romans 12:1*

Discussion/Journal Questions

What are some of your personal “uphill hopes and downhill habits”?

Have two or three people read Romans 12:1 out loud slowly. After a some time of reflection, ask each other what words, phrases, or ideas stand out to everyone. What questions come to mind as you meditate on this scripture?

In the sermon, John said, “A constantly busy and distracted Christian is one who is either frustrated with their spiritual life, or worse is one who is apathetic and doesn't care.” Do you agree or disagree? Why or why not?

How does living in a land of affluence undermine the role of fasting in the life of modern American Christians?

Read Matthew 6:16-18. For what purpose did the hypocrites fast? For what purpose does Jesus call us to fast?

How does fasting accomplish the purpose of giving ourselves to God?

What is your plan for fasting this week? How can your group encourage one another in this?

For questions about Fasting, check out our website: greencastlecc.org/holy-habits.