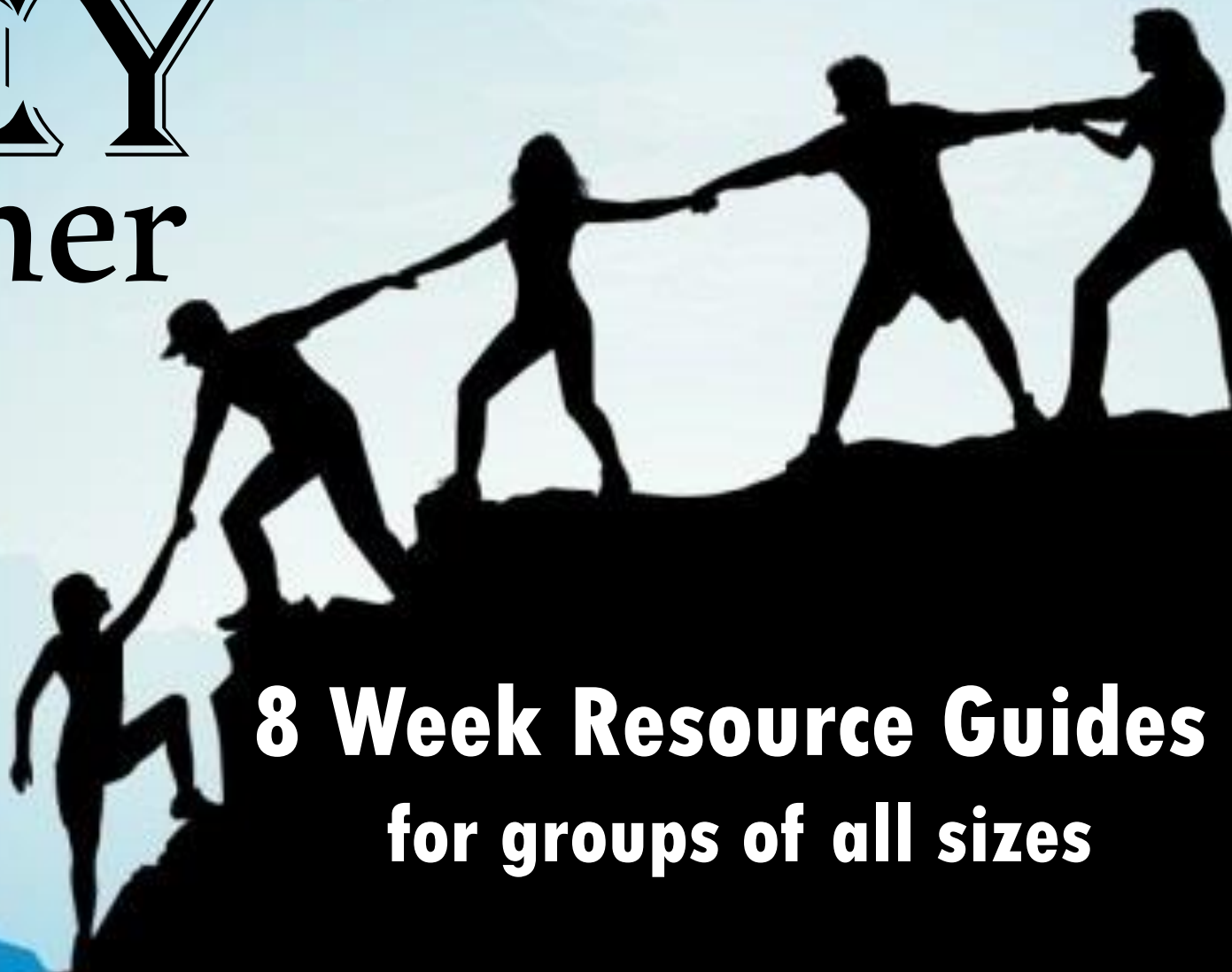


JOURNEY together



**8 Week Resource Guides
for groups of all sizes**

**Current Series:
“Connection”**

Connection

Strengthening our relationships with God and His people

- 1 Connecting with God in Prayer
- 2 Connecting with others in Prayer
- 3 Connecting with God by Meditating on His Word
- 4 Connecting by Sharing God's Word
- 5 Connecting through Fasting**
- 6 Connecting through Confession
- 7 Connecting through Service
- 8 Connecting through Encouragement

Step 1: GET REAL

What are you thankful for from this past week?

What struggles did you face this past week?

What can you share from:

- recent personal Bible reading or thoughts?
- last week's *Get Active* challenge?

Step 2: **GET FED**

What scripture or thought would you like to share on today's topic?

Read Joel 2:12-13

Fasting is seen in the Old and New Testaments. What is its purpose?

Often people tore their clothes to show remorse, what does it mean to rend your heart?

Read Mark 2:18-20

Why did Jesus' apostles not fast?

Should we fast today?

Share any experience you have with fasting?

Read Acts 14:21-23

In what situation is fasting practiced in this passage?

What similar situations do we face today that fasting and prayer could be incorporated?

Read Mark 2:18-20

What impact should these instructions have on our fasting today?

Step 3: **GET ACTIVE**

Skip one meal this week and replace it with a time of prayer and reflection on your walk with Christ.

Look up one Scripture on next week's topic:

“Connecting by Confession”

and discuss it with your family members prior to next session