



**Sermon Discussion Guide for Cumberland Fellowship Church Sermon Series:
"Prayer", Week 12 - July 20, 2025
Theme: Prayer and Fasting**

Opening Prayer: Begin with a prayer asking God to open your heart and mind to His Word and to guide your study time.

Key Scripture: Matthew 6:16-18

Discussion Questions:

Consumer Culture & Counter-Cultural Living- How do you see our consumer culture affecting your spiritual life? In what ways is prayer "counter-cultural" in today's society? What does it mean to be "more concerned for building God's kingdom than our own"?

Biblical Foundation of Fasting- The sermon mentioned several biblical examples of fasting: Moses, Nehemiah, Elijah, Daniel, David, Esther, Ezra, Anna, Jesus, and the early church. Which of these examples resonates most with you and why? What patterns do you notice in why these biblical figures chose to fast?

Jesus' Teaching on Fasting (Matthew 6:16-18)- Why do you think Jesus said "when you fast" rather than "if you fast"? What are the dangers of making fasting a public display? How can we maintain the right heart attitude when fasting?

Common Misconceptions About Fasting- The sermon addressed several misconceptions: Fasting as weight loss: "The purpose of fasting isn't to lose weight but to gain a deeper relationship with God." Fasting to impress God: "Fasting isn't a way to impress God into getting what you want." Fasting for appearance: "Fasting isn't a way to appear more spiritual." Have you ever fallen into any of these misconceptions? How can we guard against these wrong motivations?

The True Purpose of Fasting- What does it mean that "fasting is meant to change us and not God"? How does fasting help us focus on God rather than worldly things? In what ways can fasting demonstrate our commitment to God?

Practical Application:

What Should We Pray For During Fasting? Discuss these biblical purposes for fasting: Seeking God's guidance and direction; Expressing repentance and mourning; Seeking protection and deliverance; Preparing for ministry or important events; Demonstrating humility and dependence on God; Worshipping and serving God. Which of these purposes speaks most to your current life situation?

Alternative Fasting Options:

For those with medical restrictions or food-related concerns: Fasting from technology/phones. Fasting from television or entertainment. Fasting from social media. Fasting from hobbies or recreational activities. What would be most challenging for you to give up for a period of focused prayer?

Planning Your Fast: Three Key Steps from the Sermon: Ask God for wisdom about your fast; Set a time frame for your fast; Define the purpose of your fast.

Challenge Questions: How often do you currently practice fasting? What barriers (real or perceived) have kept you from fasting regularly? How might regular fasting change your relationship with God?

Deeper Spiritual Questions: "Fasting is far more about focus than food." What does this mean to you? How can fasting help us align our hearts with God's will? In what ways does our consumer culture make spiritual disciplines like fasting more difficult?

Action Steps:

This Week: Pray about incorporating fasting into your spiritual life. Choose something to fast from this week (even if just for one meal or one day). Focus your attention on God during the time you would normally engage in that activity. Journal about your experience and what God reveals to you

Ongoing: Consider making fasting a regular part of your prayer life. Find an accountability partner to encourage each other in this discipline. Study more biblical examples of fasting and their outcomes

Closing Prayer Focus: Pray for hearts that are humble and dependent on God, wisdom to know when and how to fast; protection from wrong motivations, a deeper relationship with God through spiritual disciplines, and strength to live counter-culturally in our consumer society.

Additional Resources for Further Study: Joel 2:12 – "Return to me with all your heart, with fasting and weeping and mourning"; Acts 13:2-3 - The church at Antioch fasting before commissioning missionaries; Daniel 10:3 – Daniel's partial fast for understanding; 1 Corinthians 7:5 – Paul's teaching on fasting in marriage.

JULY 2025

CUMBERLAND FELLOWSHIP

CFLife.Church

Coming up:

Mission trip Info Mtg-
Romania Shoe Distribution
7/21@ 5pm

In the 123 building/
Special needs room

10 Commandment Stones
available. Visit the Go
table for details
*while supplies last

Sign up on the CFLife App

- To Serve
- Submit prayer requests
- Join a small group
- New Believer's Class
- Next Steps Class
- My Story Training



Last day
to sign
up is 7/21

Alaska Missionary Family Retreat (MFR)

Dates: 9/27-10/4



Info Meeting: 7/7/25 @ 5pm CST in the SN
Room in 123 building, Crossville Campus

Estimated Cost: \$2,000-\$2,200

For more info - please stop by the GO table
in the terrace



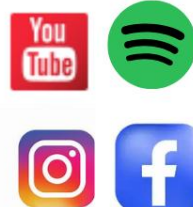
Info Meeting: 7/21/25 @ 5pm CST, SN Room
in the 123 building, Crossville Campus

Cost: 2,000- 2,500

For additional information please stop by the
Go Table in the Terrace



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WORSHIP SERVICES:

CROSSVILLE CAMPUS- SUN 8, 9:30 & 11AM & MON 6PM

SPRING CITY CAMPUS- SUN 9 & 11AM

PIKEVILLE CAMPUS- SUN 11AM

JAMESTOWN CAMPUS- SUN 10:30AM