

Practices of the Way-Fasting
Community Group Study Guide

Warming Up

Describe the best meal you have ever had or the best restaurant you have ever eaten at.

Have you ever been hungry or hangry? What happens to you when you're "starving?" What would others say happens to you when you're "starving?" 😊

Digging Deeper

Have you ever intentionally tried to fast? What was your experience?

What fears or questions do you have as you think about practicing this Way of Jesus?

What would you love to see God do in your community through this practice?

Did you learn anything new about fasting from the message this week?

Read Matthew 6:16-18 again. What kind of rewards do you think Jesus might've been referring to?

We fast to offer whole selves to Jesus? What are some other reasons for fasting?

Read Romans 12:1-2 and I Corinthians 6:19-20. Why would Paul say to offer our "bodies" and not our "minds" as living sacrifices? What do you think he meant by calling it "true and proper worship"(NIV)? How are our bodies like a temple?

Other than "offering ourselves wholly to God", what are some other benefits of fasting...both physical and spiritual?

Bringing it Home

For those of you who have practiced fasting, share how that experience was for you and how others might begin to practice.

Pray for one another.