



Unlocked Part 1

Fasting

LifeGroup Discussion Guide

for the week of 12/30/2018

CONNECTION

- [1] What does fasting mean to you? Can you share an example of when fasting helped bring focus, direction or a breakthrough in some area of your life?

OBSERVATION & INTERPRETATION

- [2] What are some Biblical reasons for fasting?

- [3] What are some benefits to corporate fasting (fasting as a church)? Have you participated in corporate fasting before? What was that experience like for you? What was the outcome?

APPLICATION

- [4] As a LifeGroup brainstorm for a few minutes on some ways you can fast—come up with as many possibilities as you can...decide on what you will fast from as an individual and as a LifeGroup if you would like. What did you come up with?

Now...

- [5] What will you fast for as an individual person? Why? What can we fast for as a LifeGroup?

- [6] What do you see as some challenges you may have with sticking to your fast? What “self-talk” might help you? How can your LifeGroup support you in your fast?

REFLECTION

- [7] What direction or breakthrough are you seeking from God? What about as a LifeGroup?