



Discussion Guide — Prayer and Fasting

Main Idea

This week, Pastor Matt taught us that there are some things in life that only come out by prayer and fasting. The spiritual discipline of fasting is often lost on the contemporary church, because many have not been taught, or even taught to dread the practice. But Jesus was clear that there are some great rewards when we take Him up on this discipline to first seek God. During this 21 days of Prayer and Fasting, what are you seeking God for in your life? Commit to that and press into His presence during this time.

Make It Practical

- Set your objective
- Choose your fast
- Make a plan
- Fast in secret, but in community
- Start it and stick with it
- Keep a prayer list

**“But this kind never comes out except
by prayer and fasting”**

Matthew 17:21

Talk About It

1. Have you ever fasted before? What was that experience like for you? In what ways, did God show up during your fast?
2. Why do you think that fasting is so hard for the modern day Christian? What prevents us from seeking God in this way?
3. What do you think your biggest hurdle will be during your fast? What are some ways that you can overcome those obstacles?
4. What are you seeking God for in the 21 Days of Prayer and Fasting?
5. Who are you fasting in community with? In what ways can they encourage you during the fast?

The image features a series of thin, horizontal gray lines spaced evenly across the frame. Overlaid on these lines are broad, wavy bands of color. The colors include a light gray, a pale beige, and a muted brown. These bands flow horizontally across the image, with some areas showing more of one color than another, creating a layered, organic effect. The overall composition is minimalist and modern.