



## Discussion Guide - Reset

### Main Idea

This week, as we dive into the 2nd week of reset, we turn our attention to practice of staying the course. Living a life dedicated to God, offering oneself as a living sacrifice and aligning every aspect of life—body, mind, and spirit—with God’s purposes.

Fasting is a spiritual practice that helps believers grow in holiness by denying the desires of the flesh, reordering their priorities, and drawing on God’s power to overcome sin, with the ultimate goal of deepening their relationship with Jesus.

### Make It Practical

***"Fasting gives strength against sin, represses evil desires, repels temptation, humbles pride, cools anger, and fosters all the inclinations of a good will, even unto the practice of every virtue." - St. Leo the Great***

***"Fasting reveals the things that control us"  
– Richard Foster, Celebrations of Discipline***

### Key Points:

1. It's weaning us off the pleasure principal
2. It's revealing what's in our hearts
3. Re-ordering our desires
4. Drawing on the power of God to overcome sin

### Talk About It

1. What does it mean to view your body as a temple of the Holy Spirit? How might this perspective influence your decisions or lifestyle?

2. When you feel discouraged in your walk with God, what practices or habits help you stay the course?
3. The sermon compares health to the body and holiness to the soul. How would you describe the “health” of your soul right now?
4. St. Leo the Great described the spiritual benefits of fasting. Which of these benefits resonates most with your current spiritual journey (e.g., humbling pride, overcoming temptation, fostering virtue)?
5. Galatians 5:24 and Colossians 3:5 call us to “crucify” or “put to death” sinful desires. What practical steps help you surrender these areas to God?
6. How can fasting help shift your perspective from viewing your body as an “enemy” to an “ally”?
7. The ultimate aim of fasting is to grow closer to Jesus. How can this perspective keep fasting from feeling like a mere religious duty?

## Scripture References

Romans 12:1, 1 Corinthians 6:19-20, Romans 7:15-24, Matthew 16:24, Galatians 5:24, Colossians 3:5, Romans 8:13,

## Notes

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