

Week 9: Fasting

1. You're on death row. You get to choose anything you want for your last meal - what is it?
2. What do you know about fasting? Have you ever done it before? If so, what did you think about it?
3. The definition of fasting was "a believer's voluntary abstinence from food for spiritual purposes." What stands out to you most in that definition?
4. Why do you think many Christians have not and/or do not fast?
5. Out of the 8 purposes of fasting given in the video, which ones stand out to you and why?
6. If not fasting from food, what would be something that would be spiritually advantageous for you to fast from? What would it take for you to fast in some form this week?

Put it into Practice: *Let's fast together. Pick a specific time period on a specific day and all fast together. List one specific prayer request we can present to God that aligns with one of the purposes of fasting we discussed. Pray for each other during the fast.*