



Watch the Table Talk Video.

Let's Talk:

Would you rather live without a television or without your phone for a week?

Would you rather give up fast food or desserts?

How do you feel about the idea of fasting? Does it seem easier or harder than other spiritual practices?

Let's Study:

Read Matthew 6:16-18.

Spiritual practices cause transformation (*alteration, change, revolution, renovation, makeover*). How does flaunting the practice of fasting hinder personal transformation into the image of Christ? Discuss how the spiritual discipline of secrecy is the 'sister discipline' to fasting.

Read Zechariah 7:5.

What should our motivation for fasting be, and how can we keep our motives pure when practicing this discipline?

Read Jonah 3: 4 - 9.

This is an example of both fasting as a response to sin, and an example of a community fasting. When should a fast be in secret and when in public? What other reasons might a community fast together?

Read Mark 14:36.

If nothing seemingly happens during/after you have fasted, how do you recommend handling that?

Let's Apply:

Dallas Willard says, "Fasting confirms our utter dependence upon God by finding in him a source of sustenance beyond food." Discuss the benefits of incorporating fasting into your lives.

Other than food, which is recommended, what are some other things that we can fast from? (Remember what you fast from should feel like a sacrifice).

What are some practical ways you can prepare for fasting?

Take time to ask the Lord if there is something this Connect Group could fast for, in community.

Let's Pray:

Consider the message the angel gave to Daniel as he fasted and prayed: *"He instructed me and said to me, 'Daniel, I have now come to give you insight and understanding.'" (Daniel 9:22)*. Ask for God's wisdom and understanding as you listen to and then pray for one another.