

Sermon Notes

Big Idea: Prayer should be our first response, not our last resort. A healthy prayer life begins with consecrating ourselves, wholly dedicating ourselves to be receptive to God's will for our lives. Fasting is a great starting place for consecration to begin.

Joshua 3:5 (NIV) Romans 12:1-2 (NIV)

Consecrate: to set apart, to dedicate for a specific purpose

Matthew 4:1-4 (ESV) Deuteronomy 8:2-3 (ESV)

Fasting Mini-Teaching:

Everyone should fast something, no one should fast everything.

Abstaining from something (typically food) in order to engage in something better

Fasting is Feasting

Devotion to Christ is the place where the human heart is most satisfied.

1 Peter 1:13-19 (NIV)

Be Holy = Be Wholly

Discussion Questions

- 1) What impacted you the most from this week's message? Encouraged you? Challenged you?
- 2) What comes to mind when you hear the word *consecrate*?
- 3) Read Romans 12:1-2. What does it mean to be a *living sacrifice*? In what ways do you struggle with *conforming to the ways of the world*? How do you *renew your mind*?
- 4) Have you ever fasted before? Why or why not? What kind of fasts have you done, and what has your experience been?
- 5) Read 1 Peter 13-19. Do you agree that *being holy* comes down to being wholly devoted to Jesus? Explain.