

TOO MUCH OF A GOOD THING A JOURNEY THROUGH GENESIS

Too Much of a Good Thing: Week 3

▪Introduction (Read aloud before discussion)

God is good. Everything he creates is good. We are created to steward it. We can enhance our lives or destroy our lives with God's stuff. So where does fasting come in? Let's chat about that.

▪Sermon Discussion (Use as a guide for dialogue, let God lead, and read the verses aloud.)

1. Fasting is giving up something good for a short period of time so that we can be aware of potential addiction and live in gratefulness. What part of that definition of fasting stands out to you?
2. What would be a good thing for you to fast?
3. Read Genesis 3:8-10. When we run, hide from, or keep God at arms distance, why does it become so easy to abuse people and stuff?
4. Read Genesis 3:11-13. Why is it so easy and convenient to blame God, other people, or stuff for whatever we perceive to be bad about our lives?
5. Why do kids and, let's be honest, adults seem to always want more and more?
6. How are fasting (giving up something for a time) and freedom (enjoying and stewarding stuff) connected?

▪Ministry Time (Invite the Spirit of God to come. Say, "Come Holy Spirit.")

What from the sermon or from group discussion challenged or encouraged you?
Spend time praying for each other about that and anything else that comes to mind

▪Spiritual Formation (This is a weekly practice as we seek to be with and like Jesus.)

What are you thinking about fasting from during the time from March to Easter? How can you begin preparing now? What has your experience been with the one-day fast we have been doing? If you haven't done a fast, think about a good thing that you could fast from one day this week. When you practice the fast, be sure to replace the time you normally would with the good thing you're fasting from with time spent in prayer or reflection on what the Holy Spirit is teaching you by fasting.

▪Daily Reading (Tune into the daily "Together On Mission" podcast, and let's start every day with Jesus.)

MON

Ruth 4:1-8 | Psalm 11

TUES

Ruth 4:9-10 | Psalm 12

WED

Ruth 4:13-16 | Psalm 13

THUR

Ruth 4:17-22 | Psalm 14

FRI

Luke 14:25-35 | Psalm 15

SAT

Catch up on daily reading or choose a passage, any passage, and enjoy!