

Series: 167 it's about time

Week 2: Prayer and Fasting

Study Guide: August 13 & 14, 2016

Main Point

We are to train ourselves to be more like Jesus Christ through the practice of spiritual disciplines. Prayer and Fasting is for daily strength to surrender to Jesus Christ.

1. How was your first week of Solitude and Scripture Memorization? What was a favorite verse you memorized? Share with the group. Remember, this series is about training for godliness – Christ uses our effort and He is the one who transforms us.
2. What has prayer looked like in your life? As a child? As an adult? Read Matthew 6:5-6.
3. Prayer and Fasting is not about twisting God's arm. Describe a time when you were hoping to twist God's arm and get Him to change His mind. Read James 4:3
4. What was your reaction to the word "Fasting"? Did you automatically think of food? What else could God be asking you to give up?
5. Read Acts 23:12-13. Do you remember why Pastor Ken thought this was a bit humorous? They were fasting for what THEY thought and what THEY wanted, and not to seek and draw close to God.
6. The greatest change God longs for is a change in us, which then is manifested by how we live. How does prayer and fasting accomplish this?
7. Read Isaiah 58:1-14. What are some of the important points that jump out to you?

8. Observations from Isaiah 58:1-14.
 - a. Our weekend worship is tied to our weekday living.
 - b. The ultimate test of Prayer & Fasting = does it birth even greater passion to love and serve.
 - c. Doing “right things” is not nearly as important as becoming “right people.”
9. How would you measure if our church is being effective?
10. How can you tell if God has your heart? Do you live a surrendered life? What would a surrendered life look like for you?

Apply

1. This week, follow along with us as we pray as a church for specific groups of people each day. [Listed on cypresschurch.tv and social media]
2. Go wash your face and buy a brush. (lol) Why?
3. If you want to have a better understanding – sign up for *Explore Your Faith*.
4. Solitude, Scripture Memorization, Prayer and Fasting – make them a daily part of your habits – eventually it becomes us.
5. Are you willing to keep saying YES to God? It's a daily choice. Training is hard work but the win is so worth it.

Further reading

Matthew 5