



IMPACT COMMUNITIES
real life. real impact.

**Sequoia Impact Communities are a place to
experience real life & real impact.**

To get plugged in email:

impactcommunities@sequoiachurch.org

Praying Fast - Feb. 28, 2016

1. Take some time to share about how God has been working in and through you this past week using the B.L.E.S.S. habits questions.
 - How has the Gospel been a **Blessing** to you this week?
 - What are you hearing from God as you **Listen** to the Spirit & read God's Word, the Bible?
 - Who have you had an opportunity to **Eat** with this week to build relationship?
 - Who has God led you to **Serve** this week?
 - In what ways have you been able to **Share** about Jesus this week?
2. What experience or understanding have you had about fasting and prayer? What was your most significant takeaway from this message?
3. Read Esther 4:1-17. What stands out to you about the way that Esther responds to this significant challenge? How does she deal with this "stronghold" in her life?
4. What does it tell us about Esther and Mordecai that they would submit themselves to a time of prayer and fasting? How does this challenge us as we think about our own lives?
5. Read Matthew 6:16-18. What guide lines does Jesus give in regard to fasting?
6. Reflect on John Piper's quote about our "desire for other things". In what ways do you see this to be true in your life? How would fasting and prayer help you live out the Gospel? What is God asking you to do?
7. Read Phil. 2: 6-11. How does Jesus deny himself for our benefit? How does this motivate and encourage you to follow Jesus today?

Additional Resources:

- A Hunger for God - John Piper
- A Personal Guide to Fasting www.cru.org/train-and-grow/spiritual-growth/fasting/personal-guide-to-fasting.html



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SEQUOIA NOTES

Today's Sequoia @10:10 Message...

Praying Fast

With Ryan Dawson, Lead Pastor
February 28, 2016



Fasting = Denying a physical appetite to grow deeper with God.

Esther 4:1-17

¹⁵ Then Esther sent this reply to Mordecai: ¹⁶ "Go and gather together all the Jews of Susa and fast for me. Do not eat or drink for three days, night or day. My maids and I will do the same. And then, though it is against the law, I will go in to see the king. If I must die, I must die." ¹⁷ So Mordecai went away and did everything as Esther had ordered him. Esther 4:15-17

Big Idea: Pray and fast to break strongholds in your life, and to change the world.

- Spiritual disciplines are not a sign of strength; they are an admission of weakness.

- The greatest stronghold in our lives is our desire for "other things" more than Jesus.

"Desires for other things"—there's the enemy. And the only weapon that will triumph is a deeper hunger for God. The weakness of our hunger for God is not because he is unsavoury, but because we keep ourselves stuffed with "other things." Perhaps, then, the denial of our stomach's appetite for food might express, or even increase, our soul's appetite for God.

John Piper - A Hunger for God

"Christian fasting is not only the spontaneous effect of a superior satisfaction in God; it is also a chosen weapon against every force in the world that would take that satisfaction away." John Piper

Philippians 2:6-11 Though he was God, he did not think of equality with God as something to cling to. ⁷ Instead, he gave up his divine privileges; he took the humble position of a slave and was born as a human being. When he appeared in human form,⁸ he humbled himself in obedience to God and died a criminal's death on a cross. ⁹ Therefore, God elevated him to the place of highest honour and gave him the name above all other names,¹⁰ that at the name of Jesus every knee should bow, in heaven and on earth and under the earth, ¹¹ and every tongue declare that Jesus Christ is Lord, to the glory of God the Father.

The Translation of the Bible Scriptures used in today's 10:10 service are from the New Living Translation(NLT).