

EPC DISCIPLESHIP "HABITS OF GRACE"

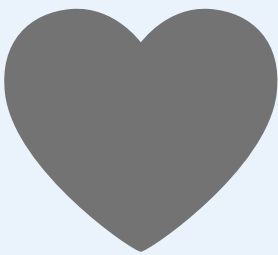
Reflection Questions - Session 9

Take some time to pray and reflect over these questions as we move to deepen and grow in walking after Christ.



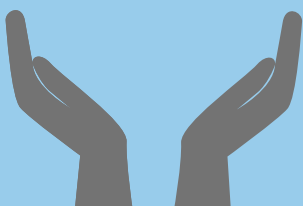
HEAD - WHAT CHANGES IN OUR THOUGHTS?

Why do you think we struggle so much with the idea of "fasting" from food, social media, over-working and other things that we commit our desire and affections to?



HEART - WHAT CHANGES IN OUR HEARTS?

We speak about, spend time with and obey what we value and love. This is why Jesus Himself not only fasted, but calls His disciples to fast, in order to teach and correct our broken hearts. What can you fast from as an act of discipleship to turn our hearts and affections to Jesus over all things?



HANDS - WHAT CHANGES IN OUR LIVES?

Fasting itself doesn't make us Christian or holy. Only if we turn ourselves to God in our hunger do we honor God as we fast. How can we share with others for accountability and fast in a way that turns to God in our hunger (i.e. prayer, reflection, reading God's Word, service, discipleship etc)?