



Faith Full

Week four - "A Different Kind of Full"

Mark 9:14-29

Bottom line: Fasting is going without food to give your whole self more fully to God.

1. Have you ever tried to fast? How did it go?
2. What are some common misconceptions or misunderstandings about fasting you've had, or you've heard from others?
3. Read Mark 9:14-29
 - a. What does the power struggle look like in our world today that is impacting our younger generations especially?
 - b. What are some of the ways you feel powerless against the challenges we're facing?
 - c. What kind of power does Jesus invite us to tap into in desperate times?
4. Jenn offered three reasons to fast, 1) To starve the flesh and feed the spirit 2) To amplify our prayer. 3) To stand in solidarity with the poor.
 - a. How does not eating food actually feed our spirit?
 - b. What prayers are you praying that you would love to amplify?
 - c. How can you fast in a way that brings you more awareness and connection with the poor?
5. If fasting is indeed "the most abused and least used" practice of Jesus, how can we change that in our own lives?