

CONFORMED

THE GIFT OF HOLY HABITS

Table Discussion Guide

Week 5 - Prayer and Fasting

Main Point: The gift of prayer and fasting

Discussion Opener

Last week our practice was to plan a specific day/time to Sabbath and to tell someone else about your plan for accountability. Were you able to make time for this practice? If not, discuss the challenge. Keep in mind this is not a 'one-off' practice so try again this week as well.

Discussion Questions

1. In the message this week, several barriers and harmful tendencies were listed that keep us from Holy Habits. Things like self-dependence, self-indulgence, and a lack of self-discipline. Which of these, if not all of them, do you struggle with? Share also if you've been able to overcome any of these.
2. Prayer is one of the best gifts we have been given as followers of Jesus. Accessing this gift is not without challenges though for most of us. In the message this week though, 4 things were listed as requirements for prayer to help us get started: confidence, frequency, fervency, and patience. Which of these do you feel good about and which do you find to be more of a challenge?
3. Fasting is abstaining from *physical* appetite to build *spiritual* appetite. When we fast and pray, we are taking time away from a meal or an activity to devote our entire being to focus on God. We find we are more sensitive to the voice of God, more attuned to hearing what He has to reveal to us. Have you ever tried fasting? Are you open to trying it?

Practice/Discipline For the Week: Prayer and Fasting. Like every Holy Habit or Spiritual Discipline, you will need to plan it out to make it happen. Think of it more like being intentional rather than a legalistic pursuit. Set aside time this week for prayer. Consider a day or time of fasting. Open your life to the goodness of God through these disciplines.

