



Title: Are You Going to Fast?

Main Scripture: Mark 2:18-20

What is fasting?

Why is it effective?

**Fasting helps push back the darkness.**

(Matt 4:1-4, Matt 9:29)

**Fasting helps us draw near to God.**

**Fasting helps when we seek revelation or direction.**

(Act 13:1-3; Ezra 8:21-23; 2 Chr 20:3; Es 4:1-3, 16)

## Preparing for Personal Healing

If you would like prayer for healing at the Night of Healing Prayer on October 16, please prepare yourself by working through the following questions:

- For what specifically are you seeking healing? Is the root of the issue spiritual, physical, emotional or psychological in nature?
- How has this situation affected your relationship with God? How have you seen Him at work in this?
- Are there lifestyle or relational changes that God wants you to make that could enhance or improve your health? Unconfessed sin, living in continual disobedience and unforgiveness could hinder your healing. Please meditate on the following scriptures for guidance and clarity:

Romans 12:1-2

1 Corinthians 7:3-4

2 Corinthians 6:14-7:1

Matthew 5:21-24

James 5:14-16

Colossians 3:1-11

1 Peter 3:7

1 Corinthians 6:12-20

Ask God to reveal any areas of sin or unforgiveness that you need to address.

Are you willing to deal with these things? Take time to confess, repent and forgive accordingly.

Consider your willingness to surrender to God's plan for your life in this situation. How will you honour, praise and pursue Him if you are healed? How will you honour, praise and pursue Him if you are not?

# “Are You Going to Fast?” | October 15 & 16, 2022

The Small Group Sermon Study

Mark 2:18-20



**Opening Prayer: Father, in Jesus’ name, through the Holy Spirit, come and speak to us, teach us and transform us as we read, discuss and reflect on Your word.**

1. Icebreaker Questions: When was the last time you fasted, and for what reason (i.e. medical, spiritual, busyness, other)? What was the most challenging part of fasting?
2. Read the key passage(s) of Scripture from the message and review the points from the sermon notes, then discuss the following questions:
  - a. What stood out to you from the dialogue between Jesus and His questioners in Mark 2:18-20?
  - b. How has fasting helped you personally draw near to God?
  - c. Why is fasting important when we are seeking revelation or direction from God?
  - d. What darkness in your life, or the life of our small group or our church, do we desire to push back during these Days of Prayer & Fasting? Do you believe we can?
  - e. How could our small group support one another more through the discipline of fasting?

***Silently read Isaiah 58:1-9a, asking the Holy Spirit to speak to you.***

3. What emotions or reactions does this passage stir up in you?
4. What do you need to surrender to Jesus? How will you respond to what God is showing you?
5. What verse, phrase, word or challenge do you need to take with you this week? How will you act on what you’ve heard?

***Closing Challenge: For whomever can, choose three (3) days to fast as an entire small group. Connect with one another during those days fasting, to share what God is showing you and how He answers your prayers.***

*Prayer: Spend time praying for one another (that we would grow in our love for God and others, that we would be transformed by what God has revealed, that we would be alert and obedient to God, etc.).*