

# WEEK 6

## FASTING

### WARMUP

*What has God been showing you through prayer this past week?*

*What struggles or victories did you experience in keeping the discipline of prayer?*

*How do you feel the series is going? Is there anything that we can do as a group to make this series even better?*

### WATCH

*As a group, watch this week's video: Fasting.*

### WORKOUT

*Read Isaiah 58:1-8*

- *Why was the people's fasting condemned/not accepted?*
- *Why do we fast?*

*"Our spiritual need for God is far more fundamental than our physical need for food and water...Fasting is feasting on fellowship with God." – David Platt*

- *What do you think about that quote?*
- *Have you ever considered fasting in that regard?*

*Read Matthew 6:16-18*

- *What is the goal of fasting?*
- *Why does Jesus tell His followers to "clean up" their faces. What would make Him tell His followers to clean up?*
- *What does Jesus mean by "when you fast?" Are there certain days/times we should fast?*

### PRAY

*Pray for your time this week as you seek the Lord. Pray that the spiritual disciplines you practice would flow from a delight in God and abiding in Him more than a mere routine or duty. Pray for strength and consistency in your reps and growth in Christ.*

### REPS

*Choose one day this week to fast from food. Pray and reflect on Psalm 121:1-2 and Nehemiah 8:10 whenever you are hungry.*

*Take time this week for a mid-series progress check. Privately assess yourself on the below disciplines and compare how they relate to week one (0 = Never done this and 10 = Do daily).*

- The Word
- Prayer
- Fasting
- Worship
- Community

*Where are you seeing progress and which disciplines have been challenging?*

*How have you seen the Lord working in your life these past few weeks?*