

SMALL GROUP QUESTIONS

Icebreaker: Since we are beginning a new small group season, tell the group one interesting skill or talent that you have.

Icebreaker: If you started fasting from food for a time, what food would you miss the most?

1. What was most surprising or helpful to you from Sunday's message?

2. What are some obstacles or fears you have regarding fasting?

3. Read Matthew 4:1-11.

Is it surprising to you that Jesus practiced fasting? Why or why not?

Jesus' time in the wilderness was important preparation for the mission God gave him. What does the passage suggest about the connection between fasting and resisting temptation?

Jesus is tempted to indulge his physical needs, manipulate God to his own end, and take a shortcut to power and influence. Are you tempted (in different ways) to do any of those things?

4. Why is it important that fasting not be done for others to see?

5. What happens when we do spiritual practices for others?

6. Have you fasted from anything in the past? If so, what did you learn from the experience? How can you take what you learned into your next fasting experience?

7. From what do you need freedom? What kind of fast might benefit you most?

8. Are there any ways as a Small Group that we should fast together or encourage each other as we fast?