

NOTES & DISCUSSION QUESTIONS

DO THE ONE THING: FASTING

SERMON SUMMARY

This message teaches that Jesus' invitation to the table is not just about being included, but being changed. Using the wedding banquet and the image of wrong clothes, the sermon shows that many accept the invitation of faith but resist putting on the new life God offers. Fasting becomes the practical way we remove old patterns—worry, excess, pride, and self-dependence—so we can receive what Christ wants to form in us. By choosing hunger for God over constant consumption, we learn to depend on Him more deeply and become people clothed in His righteousness.

KEY POINTS

- Jesus invites everyone to the table, but invitation always comes with transformation. In Matthew 22, the issue is not who was invited—it is whether the guest accepted the clothes the king provided.
 - Revelation 3:5 "All who are victorious will be clothed in white."
 - Revelation 19:8 "She has been given the finest of pure white linen to wear."
- Many want inclusion in the Kingdom, but few are willing to change what they are wearing. Old patterns like worry, pride, control, and self-reliance often become the "wrong clothes" we keep wearing.
- Worry is an uncontrollable disease because we live in a high-consumption lifestyle, with a low dependant faith.
 - How can we live a low-consumption life with high-dependant faith?
- Fasting is the practice that removes all the wrong clothes so we are ready to receive the right ones. It is not simply giving something up—it is making space for God to reshape what rules us.
 - John 15:1-6 "He cuts off every branch that bears no fruit."
- Fasting is the number one way to remove all of me and receive all of Him.
 - John 15:5 "Apart from me, you can do nothing."

DISCUSSION QUESTIONS

1. **When you hear the phrase "You're wearing the wrong clothes," what stands out most to you personally? Is there an attitude, habit, fear, or**

pattern that came to mind? Why do you think that area has become comfortable?

- 2. In the wedding banquet story from Matthew 22, everyone is invited, but one guest refuses the clothes provided. What do you think it looks like today to accept God's invitation but resist His transformation?**
- 3. The sermon described worry as "a high-consumption, low-dependence lifestyle." Where do you most notice worry competing with trust in your own life right now?**
- 4. Jesus' words in Matthew 26 connect fasting with anticipation of God's Kingdom. How could fasting help shift your attention from what you normally depend on to deeper dependence on God?**
- 5. What is one practical way you could "remove all of me and receive all of Him" this week?**