



DISCUSSION QUESTIONS

21 DAY CHALLENGE

QUESTION 1

Get-to-know-me

How many hours a day would you estimate you spend online? Do you feel as though you may be addicted to your phone or a particular app?

Have you ever fasted for spiritual reasons? (not medical). If yes, what was your experience like? If no, what has been your barrier for doing so?

When it comes to your prayer life, how would you rate it from 1-10? What are your typical topics of prayer? Do you find you are more often praying reactively or proactively?

QUESTION 2

Into-the-Bible

Read Luke 2:22-38

Simeon and Anna contended in prayer & fasting during a particularly dark time in Israel's history. The prophets had been silent for 400 years and they were living under Roman oppression. Yet, as we read in Luke 2, they faithfully prayed to see the promised Messiah.

What stands out to you in this story? How does it challenge your commitment and devotion to pray & seeking after God?

QUESTION 3

Take-it-home

Pastor Nathan shared how we're addicted to the dopamine hit we get from supernatural stimuli (ex. exaggerated versions of reality like porn & junk food).

What "supernormal" things have you been duped into pursuing after? What can you do to change your habits & patterns?