



ANCHORHOMES

DISCUSSION QUESTIONS

05/08/22

“TO FEEL” - Isaiah 58

Justin Richter

1. Check in on how everyone did last week with the practice of Sabbath. What were the challenges or victories? Did anyone actually get an intentional day or time? If not, how can they plan on creating the space in the future?
2. When you start to feel empty or restless, what do you reach for or do first?
3. What is something that you feel like you cannot live or function without right now? What would it look like to surrender that to God?
4. What has been your past experience with self-denial or fasting? How might God want to renew or change that experience in this season?
5. In this current season, what from the models in Scripture for fasting do you feel called to engage in (ex. guidance, repentance, worship, closeness to God, overcoming temptation, refocusing of vision)?

PRACTICE THIS WEEK: After you establish your why, enter into the practice of fasting this week. Feel free to start small because leaning into the practice a little bit to start is better than not starting at all. (Maybe just skip one meal...spend your lunch break with Jesus instead of eating or on your phone) And then once you start small, spend some time praying about what future fasts look like.