

LEARNING TO BREATHE

Discussion Questions 5/17/26

Fasting & Feasting

Intro: Fasting and feasting are not opposites but complementary rhythms in the Christian life. The Scriptures show us that fasting helps us long for God's kingdom, repent of sin, and pursue justice, while feasting celebrates the reality that the Kingdom has already begun through Jesus. As followers of Jesus living in the "already but not yet," we rhythmically fast because the world is broken and we regularly feast because the Bridegroom has come.

Story: Have you ever fasted? What was that experience like?

Read: Luke 4:1-2 and Luke 5:27-39

1. Why do you think fasting is so difficult or uncommon in modern Christian life?
2. Jesus described Himself as the bridegroom in Luke 5. What does that image communicate about celebration, joy, and the Kingdom of God?
3. What are some healthy ways Christians can intentionally practice celebration and feasting as spiritual disciplines?
4. Read Joel 2:12-27. This passage is bookended by fasting and feasting. What about this passage stands out to you and what should modern Christians take from this?
5. What is one practical step you could take this week toward either fasting or feasting in a more intentional, God-centered way

Pray:

- For justice across our world
- For a conviction that would motivate you to fast regularly
- For God to reveal the goodness he's brought into the world so that we might be motivated to feast