



FEELING FULL FROM GOING HUNGRY

BIBLE TEACHER TIMOTHY ATEEK
SUNDAY, AUGUST 9

1. Why do you think prayer and fasting go together so often in Scripture?
2. Read Matthew 6:16-18. Jesus assumes that fasting will be a regular part of the Christian life, but that is not most of our experience. Why do you think modern American Christians don't fast more often?
3. How do you think God rewards Christians when they fast?
4. What reason for fasting did you find most compelling and why?
5. What is your plan for fasting this week? What will you fast from, how long will your fast last, and what will be your spiritual purpose?

QUESTIONS FOR KIDS

1. What does it mean to fast? Why should we do it?
2. When we fast, it should always be for a set time and for a spiritual reason. As a family, talk about the idea of fasting from screen time one evening this week. Together you can decide on what you can spend that time praying about instead!