

Kingdom Shaped Life

Week 3: The shape of our

1. Name something that was hard for you at first, but now you do it automatically? (driving, riding a bike, reading, etc.)
2. Other than scripture and your faith, what do you think has the greatest influence on you, your behaviors, and the way you view the world. Social media, value systems of the world (wealth, success, intellect, etc.), the news you watch, the books you read, your friends or family?
3. ***What we love informs what we do, AND what we do informs what we love.*** How have you observed this in your own life? Discuss both negative and positive implications.
4. Read Matt. 6:16-18. Pastor Dan shared that Jesus' focus here is that fasting is not for outward appearance, but is centered on God alone.

Have you ever tried to fast? What was your motivation? Pastor Dan shared that "Fasting is denying ourselves to make ourselves available to God" does this change your previous view of fasting?

5. Read Romans 12:1-2. In light of the sermon and what you discussed so far, how do you see the practice of fasting applied to this verse?
6. ***Fasting isn't about restriction but the renovation of the heart.*** Pastor Dan discussed ideas of fasting; from food (skipping a meal, or two meals, abstaining from food), from technology, from behaviors, or bad habits. Do you feel led to try any of these, if so which one? What are ways you can make yourself more available to God during your fast? How can your Grace Group be a support and a place of accountability for one another?

Questions to ask while fasting:

1. What is this revealing about me?
2. How is God inviting me to change through His power at work in me?

Fasting isn't about restriction but the renovation of our hearts.