

# LIFE GROUP DISCUSSION QUESTIONS

Jan 4

- As we enter this season of prayer and fasting, how are you honestly feeling about it right now? What are you curious about, hopeful for, or anxious about—especially given your past experiences with prayer, fasting, or food?
- Fiona said the goal of prayer and fasting isn't self-improvement or discipline but falling more in love with Jesus. Throughout Scripture, prayer and fasting often seem less about getting God to act and more about helping people become aware of what God is already doing. How do these ideas reframe, challenge, or gently shift the way you usually think about these practices?
- Fiona described God as joyful, eager, and genuinely excited to be with us—but also said we often imagine God through the lens of our own experiences. What picture of God do you tend to carry most naturally? What picture of God do you tend to carry with you into prayer? Where do you think that picture comes from? How might God be inviting you to see Him differently in this season?
- Using the "taste test" metaphor, Fiona talked about cheap imitations that train our desires without truly satisfying us. Is there something you feel God might be inviting you to let go of this month—something that may be crowding out a deeper taste for His goodness? What makes that hard, and what support would help?
- Fiona reminded us that God loves to speak through His people, to His people, and that prayer and fasting are often communal practices. As we pray and fast together this month, what do you sense God wants to give—to you, to others in this group, or to our wider community? Take time to listen for one another and share any scripture, word, image, or encouragement that comes to mind.