



Christmas Shadows | Week 4 Study Guide **Meaning from our past. Hope for our future.**

Bible Text: Philippians 3, Psalm 32 & 51

Open Up

Do you typically do spiritual fasting? Why or why not?

If so, what's the most challenging part of doing a fast?

Dig In

Read Isaiah 58:1-7

What does God say will prohibit fasting and prayer from working? Have you seen any of this to be true in your life?

What does God say will lead to fasting and prayer that works? Again, how have you seen this true in your life?

Read Isaiah 58:8-12

What fruit does God say a person will experience if they honor God in fasting and prayer? Which ones are most encouraging to you, and why?

In addition to the things mentioned in these verses, how also have you seen fruitfulness in fasting and/or prayer?

What do you think keeps people from having a vibrant, consistent prayer life?

Read Joel 2:12-17

What can we learn about fasting and prayer from this passage?

Read Matthew 6:5-18

What can be learned about prayer and fasting from this teaching by Jesus?

From any of the passages looked at today, what's an important truth and reminder for you about prayer and fasting?

Close Out

Based on Sunday's sermon and today's study guide, what is one practical application you will make in your life this week?