

# Spiritual Gym – Fasting

## LIFE GROUP QUESTIONS



**Key Verse:** 1 Timothy 4:7-10 - <sup>7</sup> Have nothing to do with godless myths and old wives' tales; rather, train yourself to be godly. <sup>8</sup> For physical training is of some value, but godliness has value for all things, holding promise for both the present life and the life to come. <sup>9</sup> This is a trustworthy saying that deserves full acceptance. <sup>10</sup> That is why we labor and strive, because we have put our hope in the living God, who is the Savior of all people, and especially of those who believe.

1. How does the concept of fasting make you feel, and why do you think your initial reaction is what it is?

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2. Has God brought to your mind any specific purposes or reasons that you can approach with fasting in order to have growth, breakthrough, or victory?

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3. Ryan told stories about fasting involving Ezra, King Jehoshaphat, Jonah/Nineveh, the Tribe of Benjamin's sin, Anna the widow, and Jesus. Which of these stories resonated with you and why? Is there a correlation between those stories and something you are facing or have faced?

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4. Dallas Willard said "In giving us the privilege of fasting as well as praying, God has added a powerful weapon to our spiritual armory..."

In the realm of spiritual warfare have you thought of fasting as a weapon against the enemy? Do you approach the trials and struggles in your life with an attitude of warfare or despair?

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5. Have you made a commitment to God about fasting this week? If so, feel free to share with the group what God has showed you.

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