

Community Group Discussion Guide

A Hunger for God – Week 3

Why we still need to fast

Read Scripture Together (5 minutes)

2 Chronicles 20:1–4

Observation & Understanding (10–15 minutes)

1. What stands out to you in this passage?
 2. Why do you think Jehoshaphat didn't stop at prayer, but also called a fast?
 3. What do you think fasting communicated to God? What did it communicate to the people?
 4. Why do you think Scripture connects fasting and prayer so often?
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Digging Deeper (15–20 minutes)

1. Affection vs. Appetite

- What is the difference between loving God (affection) and being hungry for God (appetite)?
 - Have you ever experienced a season where you loved God but felt spiritually “full” or dull?
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2. What Dulls Our Appetite?

The message suggested several spiritual appetite-killers:

- Sin
- Distraction
- Indulgence
- Wounding
- Weariness

- Which of these most commonly dulls your spiritual hunger?
 - What are some modern “fillers” that keep us stuffed spiritually?
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3. Why Fast?

Read Matthew 4:1–4 (Jesus in the wilderness).

- What does Jesus’ response to Satan teach us about dependence?
 - How does fasting help us remember that “man does not live by bread alone”?
 - What does it mean that fasting is not about getting God’s attention — but giving Him ours?
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Personal Reflection (10–15 minutes)

Give everyone a few quiet moments before discussing.

1. Where might God be inviting you to make more room for Him?
 2. What would it look like for you personally to “pray hungry”?
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Practicing Fasting (Practical Conversation)

Discuss together:

- Have you ever fasted before? What was that experience like?
- What concerns or hesitations do you have about fasting?
- What kind of fast might be realistic and meaningful for you during Lent?

Options could include:

- Fasting one meal a week
- Fasting a specific distraction (news, social media, streaming)
- Fasting something you tend to indulge in
- Pairing fasting with a daily time of prayer

Encourage everyone to:

- Make a plan.
- Choose specific days.
- Tell someone for accountability.

Prayer Time (10–15 minutes)

Invite people to pray:

- Confess distractions or areas of dullness.
- Ask God to stir hunger.
- Pray Jeremiah 29:13 together:

“You will seek me and find me, when you seek me with all your heart.”

Close by asking:

“God, awaken our appetite for You.”