

This guide is intended to help you be better prepared to engage in making disciples in your small group. They are based off of the Sunday sermon listed in the top right corner. If you missed Sunday, make sure you take the time to listen to the sermon before your small group meeting. You can find the messages on our website.

Prayerfully considering these questions will help equip you to practice mutual ministry with your family at Vertical. While it's not likely that all of these questions will be asked during your small group meeting, we believe that your personal walk with Christ will be strengthened as you meditate upon the truths that God is teaching you through His Word.

1. What is a spiritual discipline? Why practice them? Be prepared to share your current Bible Intake and Prayer habits.
  - a. Is your practice of spiritual disciplines taking you in a direction of enjoying God more?
2. What is biblical fasting? How are prayer and fasting connected?
  - a. Should fasting be an inward or outward expression? Why?
3. What have been your past experiences with fasting?
4. Why do you think our modern church largely ignores the spiritual discipline of fasting?
5. In Matthew 6, what are Jesus' expectations of us regarding fasting?
6. From the verses in Isaiah 58, what does scripture say we can expect when fasting?
  - a. Which motivation for fasting most encourages you to begin?
7. Fasting helps you say "no" to the physical and "yes" to the spiritual. In what ways does your flesh control your decision making? What physical thing do you need to fast from?
8. Discuss the difference of doing something for form and applause or substance and function. What evidence exists in your life that you're more concerned about being rewarded by God rather than by men?
9. Share your plans for fasting this week. When and how and why?