

Spiritual Disciplines

Discussion Questions: Fasting

1. Have you ever fasted? What was that experience like?
2. How do you honestly treat food? (impulse eater, get hangry, wasteful, etc.)
3. When do you fast? Do you make a regular practice of fasting? What has gotten in the way of you making this a regular practice?
4. How might regular fasting humble you?
5. How might regular fasting help you to be more reliant on God?