



## **Prayer and Fasting, Pt. 1: A Call To Fast**

For millennium, people have had a desire to draw closer to their Creator. One way they did that was through fasting. At its core, fasting is taking something highly significant to us and deciding to lay it aside or postpone it temporarily for a spiritual purpose. It's an opportunity to lay down an appetite that pulls us away from God. This act of self-denial may not seem huge ... but it brings us face to face with the hunger at the core of our being.

**Bottom Line:** Fasting brings strength to the soul.

### **Discussion Questions:**

1. What is one thing that you are looking forward to in this new year?
2. You may know someone who followed Jesus and was active in a church but are no longer active followers. What are some situations that may cause someone to pull away from their faith?
3. When you feel empty or restless, what do you do to try to fill the emptiness? What does this tell you about your heart?
4. **Read Luke 8:4-15.** Jesus' parable about the seed speaks about how the health of the soil either grows or destroys the seed. The same is true regarding what we grow our spiritual health in. What kind of soil are you trying to grow your spiritual life in right now?
5. Spiritual fasting is taking something highly significant to us and deciding to lay it aside for a spiritual purpose. What is your attitude toward fasting or self-denial? In what ways do you currently deny yourself?
6. Discuss the various motives people have for fasting. Which ones are helpful and which are not?
7. What can someone hope to receive during a time of fasting and prayer? What are you expecting to receive?
8. What has been the most helpful thought/idea from the message this week? How has that thought/idea helped you?
9. How can the group encourage you this week?

\*If time doesn't allow for you to discuss all of these questions, use only the ones you feel would be most helpful for your group.