



Prayer & Fasting: Pt. 3; Food for the Soul

To pray and to fast is to seek God. But there is another element that goes with prayer and fasting; God's Word - Scripture. Jesus often referenced Scripture when he felt tempted. We learn from Jesus, that to walk in paths of right living requires the direction of God's word. To put it another way, Scripture has the ability to feed our soul and strengthen us.

Bottom Line: God's Word feeds and strengthens the soul.

Discussion Questions:

1. What are some common food cravings? Besides food cravings, what other temptations do people often struggle with?
2. What role does Scripture play in defending against temptation and leading a godly life?
3. **Read Matthew 4:1-4.** How did Jesus use Scripture to combat temptation?
4. Why is reading God's Word (The Bible) important in deepening our relationship with him?
5. **Read Psalm 119:11 & 119:105.** What role do these passages play in understanding the importance of God's Word? How can they be helpful to us?
6. In your own words, how does the Word of God bring spiritual renewal, practical wisdom, less regret, guidance, confidence, and joy to the heart? Provide an example of how you have experienced one of these in your own life.
7. What has been the most helpful thought/idea from the message this week? How has that thought/idea helped you?
8. How can the group encourage you this week?