



FOLLOW ME

WEEK 4: FASTING

ICE BREAKER

WORSHIP

PRAYER

SERMON REWIND

Fasting is a practice that helps us tune into God's voice and direction in our lives. When we practice fasting, like Jesus did before His ministry began, we are being taught to be in complete reliance on Him, lessening the volume of distractions and turning up the volume of God's voice. More than a health hack, our hunger for the presence of God is being satisfied in Christ in fasting.

KEY VERSES

Look up theses additional verses:

Deuteronomy 8:1-5 (NIV)

Matthew 4:1-2 (NIV)

Matthew 6:16-18 (NIV)

1 Corinthians 9:22-27 (NIV)

DISCUSSION QUESTIONS

1

Tuning into God

Fasting unclutters our hearts so we can tune into the heart of God more clearly.

- a. What do you think is cluttering your heart in this season, that fasting might help you hear God's heart more?
- b. How can tuning into God's heart in a difficult season allow you to live and think more clearly?

2

Lifestyle of Fasting

Fasting was part of the lifestyle of Israelites in response to life's circumstances (grief, repentance, etc.) to return and realign themselves to God.

- a. How has fasting been part of your lifestyle? Why or why not?
- b. Where have you felt out of alignment with God?

3

Relying on God

Fasting is more than saying "no" to food, it is expressing our desperate need to be met by Jesus.

- a. How does fasting reveal what (or who) you actually rely on for safety and security?
- b. What is it we typically run to or rely on when we are in a difficult situation? Why?

4

Persevering

This practice takes self-control and discipline, moving us from our daily routine of eating to surrendering to God.

- a. In what ways can fasting strengthen spiritual "muscles" like self-control and perseverance?
- b. How can you plan a fasting rhythm (food, technology, or another distraction) that is realistic yet stretching?

5

Jesus' Fast

Before beginning His ministry, Jesus chose to fast for forty days in the desert.

- a. Why do you think Jesus started His mission with fasting for forty days and nights?
- b. What would it look like to begin an upcoming season in your life with intentional fasting or focused prayer?

DIVE DEEPER

Personal Reflection: It's easy to try and be in control of our lives yet fasting invites us to release control and put it in God's hands.

- Where do you sense God inviting you to loosen your grip so that His presence can meet you where you are?
- What would trusting God with that area actually look like this week—what's one small action or prayer of release you could take?

PRACTICAL APPLICATION

Helpful practical habits that might follow the theme of curriculum.

Desperate for God—This week:

- Try fasting individually or communally
- Write down how God speaks (from Scripture or prayer)

Ask the Holy Spirit to help you tune in to His voice and His move for your life.

PRAYER/MINISTRY TIME

CLOSING SCRIPTURE

1 Chronicles 16:11 (ESV), *"Seek the Lord and his strength; seek his presence continually!"*

Let the group rest in that encouragement as you close together in prayer.

NOTES

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