

Series: Change

February 22, 2015

Message: Practices of Change: Fasting

What we cover, God uncovers. What we uncover, God covers.

Proverbs 28:13 *“He who conceals his sins does not prosper, but whoever confesses and renounces them finds mercy.”*

Biblical fasting is refraining from food for a certain time for a spiritual purpose.

Practice of fasting. Matthew 6:16-18

My fasting draws me closer to God. Joel 2:12

My fasting redirects my focus. Matthew 6:18

My fasting feeds my spirit. Matthew 4:1-11

My fasting opens my eyes to the needs of others.
Isaiah 58:3-7; Matthew 25:31-46.

I fast regularly. Matthew 6:16

I fast when I face adversity. Judges 20:26

I fast when I need a breakthrough. Matthew 5:6

Life Group Questions

For week of February 22, 2015

Welcome, to prepare for this week’s meeting, take some time to focus on the questions below and be prepared to share your answers with the group. Have a great meeting as you come together to connect, encourage one another to grow and to see God change your lives from the inside out!

GETTING TO KNOW YOU

1) What would be your greatest pig-out meal?

2) Describe a time you went without food, not by choice. How did it make you feel?

Going Deeper

Read: Matthew 6:16-18

Does Jesus command fasting or does He only comment on how to fast properly? What should we do and how should we look when fasting? Why?

One key to fasting is motivation. What are the differences in motivation between truly seeking God and fasting to gain power or admiration?

Read: Matthew 9:14-15

Did Jesus expect His disciples to fast after He was gone?

It is said that fasting brings us closer to God. Could this be one of the reasons Jesus said His disciples would fast after He would no longer be with them? What are other reasons?

Read: Isaiah 58:3-10

In this passage, Isaiah tells us that the Jews were fasting, but God was not answering their requests. Why not? What kind of fast does God want?

How can fasting open our eyes to the needs of others and grow a spirit of compassion in us?

"Fasting is not an end in itself; it is a means by which we can worship the Lord and submit ourselves in humility to Him. We don't make God love us any more than He already does if we fast, or if we fast longer. Fasting invites God into the problem. Then in the strength of God, victory is possible." -Elmer L. Towns

Friday Fast

Each Friday you are invited join Pastor Jeff to fast one meal. Together we will focus on a selected passage of scripture, have a shared prayer focus and an attribute of God to meditate on. Sign up to receive weekly fasting updates by subscribing to the Real Life blog (<https://seekreallife.wordpress.com>) or sign up for email updates at office@seekreallife.com.