

Made for More

Fasting

TALK IT OVER

Key Scriptures/Review

Matthew 6:16-18 (NIV)

16 "When you fast, do not look somber as the hypocrites do, for they disfigure their faces to show others they are fasting. Truly I tell you, they have received their reward in full. 17 But when you fast, put oil on your head and wash your face, 18 so that it will not be obvious to others that you are fasting, but only to your Father, who is unseen; and your Father, who sees what is done in secret, will reward you.

Daniel 1:12-16 (NIV)

"12 Please test your servants for ten days: Give us nothing but vegetables to eat and water to drink. 13 Then compare our appearance with that of the young men who eat the royal food, and treat your servants in accordance with what you see." 14 So he agreed to this and tested them for ten days. 15 At the end of the ten days they looked healthier and better nourished than any of the young men who ate the royal food. 16 So the guard took away their choice food and the wine they were to drink and gave them vegetables instead.

Daniel 10:3 (NIV)

3 I ate no choice food; no meat or wine touched my lips; and I used no lotions at all until the three weeks were over.

Luke 5:15 (NIV)

15 Yet the news about him spread all the more, so that crowds of people came to hear him and to be healed of their sicknesses. 16 But Jesus often withdrew to lonely places and prayed.

Jeremiah 29:13

"13 You will seek me and find me when you seek me with all your heart."

Why should I fast?

Fast to focus.

Start talking.

Find a conversation starter for your group.

- Have you ever been HANGRY? What's your best trick to avoid it?
- What's one food that you could eat every day?

Start thinking.

Ask a question to get your group thinking.

- Read Matthew 6:16-18.
- Have you ever fasted before? What was your experience?
- Do you know someone who makes sure that you know how hard/full their life is? How does that person make you feel?
- What is the "reward" that Jesus is referring to?

Start sharing.

Choose a question to create openness.

- Are you someone that naturally wants to share things in your life with others? Is it difficult to keep things to yourself?
- Are you good at withdrawing? Does that help you to recharge?

Start praying.

Be bold and pray with power.

- Jesus, I commit my whole life to you. I choose to sacrifice comfort in order to focus on you. I will center my thoughts on you. I will work to remove distractions from my life to leave room for you to speak to me.

Start doing.

Commit to a step and live it out this week.

- What will you choose to fast from this week? Food/social media/something else?
- What is something that you could remove from your "full" life?
- Consider how you could love others by serving on the weekend (<https://liverpoolfamily.com/serve/>)