



Follow series - Part 9.

Key Text: Isaiah 58:1-12

Other Text: Matthew 6:16-18

IceBreaker: Tell the group a story about a time you “dropped the ball” regarding a scheduled calendar event: a meeting, a play date, a date night, etc.

Discussion Questions:

1. Be honest. No judgement. Have you ever completed a fast? Have you ever tried to fast? What’s the hardest aspect of fasting?
2. Why do you think your relationship with God is neglected first when life happens and your schedule gets busy & chaotic? What are some practical ways you can change that status quo?
3. Jeremy said that we live in a society that puts self above all else. If that statement is true, how do you expect praying & fasting to change that mindset in your own life?
4. Think about the way you pray. Think about the people you pray for, if any. Think about the things you pray for. Confess to the group (which is a safe place) what your prayers look like. Do you consider them “bless me, help me” prayers? Have you ever spent time in prayer and did not pray for yourself?
5. How can this group help you to understand that you were saved to be the light of the world? Have you ever thought about how you might be the only “Jesus” anyone sees?

Next Steps:

Fasting is a spiritual disciple. Fasting is about aligning your heart & mind with the heart of God. Open up your prayer packet and find the “Quickstart Guide to Fasting”. Look it over, fill it out and begin to your heart & mind for God to awaken northwest Tennessee.

Prayer Requests: