

TAKEAWAY

The Radical King

Transformation through the story of Jesus

FASTING

SUNDAY 16TH MAY 2021

INTRODUCTION

On Sunday we looked at Matthew 9:14-17, where Jesus responds to questioning about fasting.

PRAY

Before you begin, pray that the Holy Spirit will guide your discussions and lead you into His truth.

READ

Matthew 9:14-17

DISCUSS

1. In general, how would you describe fasting?
2. What are your experiences with fasting? Do you know anyone who has fasted? Have you ever tried it? If so, how did it go?
3. How did John's disciples view fasting? Do you think they viewed it in a purely religious way?

READ

2 Corinthians 5:8

DISCUSS

4. What do you think this verse means? Have you experienced this longing to be at 'home with the Lord?'
5. We fast differently to how they would have fasted in the Old Testament. We fast from a place of relationship with God and wanting more of Him. How might our attitude to fasting change if we remembered this more often?
6. Is God calling you to fast? Do you think you will try it? If not food, is there something else maybe you could give up?

PRAY

Meditate on God's love. Maybe share something from Scripture, or share about how you've known God's love recently or in the past and give thanks. Fasting comes from a desire for God (or even a desire to desire God!) Before you consider whether you may fast in the future, it's good to come to remind ourselves of God's great love for us.