

*Ice Breaker* (in groups of 2 or 3 for larger groups)

What would be the hardest thing for you to live without for a week?

*Talk About it!*

## Part 1

Read Matthew 6:16-18

**Discuss:**

- A. Jesus says, "When you fast..." implying it is a normal part of spiritual life. Why do you think fasting is an important discipline for a follower of Jesus?
  - B. Why does Jesus emphasize fasting in secret?
- B. How does this passage challenge cultural or personal approaches to fasting?

## Part 2

Read Matthew 4:1-4

**Discuss:**

- A. How did Jesus respond to temptation during His fast, and what does this teach us about relying on God's Word?
  - B. How does this scripture shape your understanding of fasting as a way to prioritize spiritual nourishment over physical needs?
  - C. How can you practically 'feed' on God's Word during a fast?

## Part 3

Read Psalm 34:8 and Psalm 63:1-5

**Discuss:**

- A. What does it mean to "taste and see that the Lord is good"?
- B. How can fasting help us prioritize God above earthly satisfactions?

## Part 4

The sermon highlighted that fasting helps us:

1. Subdue our flesh (Ephesians 4:22-24 NIV)
2. Satisfy our soul with God (Psalm 63:1-5 NLT)
3. Strengthen our spirit (Daniel 1:15 NLT)
4. Stir up anointing for breakthrough (Acts 13:2-3 NLT)

### Discuss:

- A. Which of these resonates most with you, and why?
- B. Are there areas in your life where you need a spiritual breakthrough?
- C. How might fasting help you invite God into that space?

## Part 5

### Discuss:

- A. What type of fast (absolute, normal, partial, or alternative) feels most attainable for you in this season? Why?
- B. If you were to fast, what practical steps could you take to stay focused on God during the process?