



Session 2

Fasting

BIG IDEA

How to hear God's voice to find your purpose and joy.

How to experience God's power to gain freedom from sin.

How to remain in God's ways to grow holy and healthy.

OPENING QUESTION

Have you ever fasted from anything before?

If so, what and how long?

What stood out to you from the experience?

GROUP DISCUSSION

- Read this passage: John 15:1-11 & Matthew 6:16-18. Twice out loud, in different versions of the Bible – everyone listens.
- What are some significant observations you have about this text? What stood out? What didn't you like? What was confusing?
- What does this passage teach us about God? How does it change how I see God?
- What does this passage teach us about humanity/ourselves? How would it change how I treat others?
- What does this passage teach us about obedience and following the way of Jesus? How should it affect the way I live?

A disciple is someone who is following Jesus, being changed by Jesus, and is committed to the mission of Jesus.

January 11

WEEKEND

Changed by Jesus

A rule of life is a set of rhythms and restrictions we habituate that helps us connect with God and resist popular culture. These rhythms are helpful habits that you build to help give direction to your daily and weekly routines.

A pastor once shared that all appetites are never fully and finally satisfied.

Question:

What does it look like to have appetites determine the direction of people's lives?

Thought:

In our culture, it can be very difficult to say no to our appetites. Often, our lives are so full that we have to create space if we want to add something more to our plates. Fasting is choosing to create space with our physical needs to help us reevaluate our priorities and needs.

Questions:

What fears do you have about regularly fasting?

What do you see as bad reasons to fast?

What do you see as good reasons to fast?

How can you avoid becoming legalistic about fasting?

Join the mission of Jesus

I will statement...

Based on what God is teaching in this passage, what should I do? Reflect for a minute or two and develop an action statement. As disciples this helps us to be changed by Jesus. Put it in the form, "I Will _____". Make it concrete, simple, and achievable.

At the end of this series, we will provide a way for us to practice these rhythms and restrictions with a communal challenge to embrace a 40 day rule of life.