

The Focus of Fasting

Understanding & Preparing for Corporate Fasts

Thanks for checking out this week's discussion guide. This guide has been prepared in advance so your Lifegroup can take a deeper dive into the current sermon series topic. Sometimes these guides will align with the Sunday sermon, and at other times, the guides will not align perfectly because the sermon content has changed. Regardless of how this guide aligns with the Sunday sermon, invite the Holy Spirit to guide you as you review this guide and prepare for Lifegroup.

Icebreaker: If you could only eat one food for every meal during the next year, what would it be?

Worship: [Worship Playlist 3](#) from [LifegroupLeaders.com](#)



Watch: [What does the Bible say about fasting?](#)

This 2.5-minute video from GotQuestions.org can be a helpful summary resource to watch before or during Lifegroup.

Read: Matthew 6:16-18

Discussion:

1. Who is speaking in this passage? Who is the audience? What is the context of this passage and how does that contextual knowledge help us understand the meaning of the passage?
2. In the New Testament, are we commanded (required) or invited (voluntary) to fast? Why is that an important distinction?
3. According to this passage (and any others), what is the purpose of Christian fasting?

Prepare to help your Lifegroup discuss this question by reading (and perhaps distributing) the following articles:

- [Antioch Resource- Why We Pray & Fast](#)
- [Antioch Resource - The Power of Fasting](#)
- [Desiring God Resource - Why do Christians Fast?](#)

4. Is there Biblical precedent for fasting from things other than food? (After allowing time for some discussion, suggest that your Lifegroup read 1 Corinthians 7:5) Is this a form of fasting and does it indicate that we could abstain from things other than food to accomplish the same purpose?
5. Considering this discussion, is there any way in which your view or practice of fasting needs to change?
6. Do you plan to participate in the church-wide fast on November 6-8? Should we do so as a Lifegroup?

Prayer: Let's end by breaking up into groups of 2-3 to pray and listen to the direction of the Holy Spirit. Ask God if there is something specific that he wants you to focus on or pray for during the corporate fast (and then listen). Ask God how he wants you to incorporate fasting into your life on an ongoing basis (and then listen). Ask the other members of your small (2-3) prayer group what they will be fasting/praying for during the corporate fast.

Resources: [A Hunger for God: Desiring God Through Fasting and Prayer](#) by John Piper