

“To Fast or Feast?”

(1) Getting Started	(3) Digging Deeper
<p>Prayer Requests</p> <ul style="list-style-type: none"> • Leader: Take prayer requests and spend time as a group in prayer, either at the beginning or end of the meeting. <p>Getting to Know You</p> <ul style="list-style-type: none"> • Have you ever fasted before? • If so, why did you do it? • What did God teach you through it? • Is it something you would recommend others try? Why or why not? 	<p>Read</p> <ul style="list-style-type: none"> • Isaiah 58:1-12 <p>Discuss</p> <ul style="list-style-type: none"> • What is God’s main concern with Israel’s fasts in this passage? • Does the way He describes fasting challenge the way you think about fasting? In what way? <p>Read</p> <ul style="list-style-type: none"> • Acts 13:1-3; Acts 14:21-23 <p>Discuss</p> <ul style="list-style-type: none"> • When do we see the Early Church fast? • What can we learn from their example?
(2) Read Scripture	(4) Application
<p>Read</p> <ul style="list-style-type: none"> • Luke 5:33-39 <p>Discuss</p> <ul style="list-style-type: none"> • Jesus was often seen at parties and feasts with tax collectors and “sinners”. This led others to accuse Him of being a “glutton” and “drunkard” (Luke 7:34) • How do you think you would have seen Jesus, if you were a faithful Jewish person? Would you struggle to see Him as the holy Son of God, the way we do today? Why or why not? • What surprised you about Jesus’ response to the question asked of him in this passage? What did it teach you? 	<p>Application</p> <ul style="list-style-type: none"> • Leader: discuss the merits of fasting* • Consider: whether God may be calling you as individuals, or as a group, to fast during this time of preparation for Easter • Make a plan: to fast, if directed by the Spirit to do so • Report back: on your experience to the group <p>*Remember: fasting is about the heart; not the stomach. God does not require us to fast, so don’t feel any pressure to do so. However, this can be a helpful discipline and a fruitful time of growth.</p> <p>Memorize: Luke 5:38-39</p>