



PRAYER AND FASTING

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WORSHIP

Begin your group with a time of worship. If someone in your group is able to lead worship, invite them to lead two or three songs. Alternatively, consider using one or more of these songs from our Sunday morning worship time:

- **I Believe** (*Phil Wickham*)
- **King Of My Heart** (*Bethel*)
- **There Is A King** (*Elevation Music*)

SCRIPTURE REFERENCES

- Matthew 23:25-28
- Matthew 13:44
- Matthew 4:18-22
- Matthew 16:26-26

OPENING PRAYER

Begin your session with a prayer, asking God to guide your discussion and open your hearts to His message.

KEY TAKEAWAYS

1. Fasting is not a religious ritual but an expression of genuine desire to know God more.
2. The goal of fasting is to seek God, His voice, instruction, and direction.
3. Christianity involves exchanging our life for the life of Jesus.
4. Fasting intentionally puts us in an exchange situation with God.
5. There are various types of fasts, not just from food.

DISCUSSION QUESTIONS

1. What has been your experience with fasting? If you've never fasted before, what are your thoughts or concerns about it?
2. How do you think fasting can help us "clean the inside of the cup" as Jesus talks about in Matthew 23:25-28?
3. The sermon mentioned several areas of life we might need to surrender to God (time, money, talents, relationships, etc.). Which area do you find most challenging to surrender? Why?
4. What type of fast do you think would be most meaningful or challenging for you personally? Why?
5. How can we ensure that our fasting is genuinely about seeking God rather than just "doing a spiritual churchy thing"?
6. In what ways might fasting help us hear God's voice more clearly or experience a breakthrough in our lives?

PRACTICAL APPLICATIONS

1. Choose a type of fast to practice this week. It could be from food, social media, entertainment, or something else that takes up a significant portion of your time or attention.
2. Set a specific spiritual goal for your fast. What are you seeking from God during this time?
3. Replace the time you would usually spend on the fasted activity with prayer, Bible study, or serving others.
4. Keep a journal during your fast to record your experiences, thoughts, and any insights you receive from God.

Scripture to Meditate On:

Matthew 6:16-18 - "When you fast, do not look somber as the hypocrites do, for they disfigure their faces to show others they are fasting. Truly I tell you, they have received their reward in full. But when you fast, put oil on your head and wash your face, so that it will not be obvious to others that you are fasting, but only to your Father, who is unseen; and your Father, who sees what is done in secret, will reward you."

CLOSING PRAYER