



Small Group Discussion

The Week of: **March 25, 2026**

What's your life like:

1. What is one thing you would absolutely refuse to give up for a whole week? Why?
2. What is something you forget all the time?

What are we talking about this week:

This week we wrapped up our Holy Habits series by talking about fasting which is one of the oldest spiritual practices in the Bible. Fasting is saying no to something for a set period of time so you can say yes to something spiritual.

Main Point of Message

- Fasting is a holy habit that helps us seek God first because it reminds us of what matters most and makes space for what matters most.

Bible Verses

- Matthew 6:16, Matthew 4:4, Matthew 6:33

Discussion Questions

1. Have you ever tried fasting before?
2. What are some things that make you forget to spend time with God or practice holy habits?
3. The definition of fasting is saying no to something so you can say yes to something spiritual. What is one thing in your life that takes up a lot of your time that you could imagine fasting from? What would you replace it with?
4. How can fasting remind us of what matters most? How can it help us make space for what matters most?
5. Be honest, does reading your Bible, praying, or serving someone actually feel better than scrolling, gaming, or eating your favorite food? Why is it sometimes hard to believe the spiritual thing is actually better?
6. Matthew 6:33 says to seek God's kingdom above all else. What would it actually look like in your week to live that out? What would have to change?

Now what:

This week we're taking on the 7-Day Fasting Challenge. Choose one:

- Single Meal Fast: Skip one meal and use that time to pray or read your Bible
- Media Fast: Give up social media, YouTube, or streaming for a set number of days
- Comfort Fast: Give up something you enjoy each day (snacks, sweets, etc.)
- Distraction Fast: Eliminate noise: music, podcasts, or background TV.
- 24-Hour Food Fast: Go a full day without food and use your hunger as a ping to pray (don't pick this one if it's not safe for you, that's what the other options are for!)

Before you leave tonight, decide:

- What are you fasting from?
- What are you saying yes to instead?
- Who in your group is going to check in with you about it?