



Small Group Discussion

The Week of:

March 25, 2026

What's your life like:

If you had to give up one food for an entire month, what would be the hardest to give up and why?

What are we talking about this week:

Main Point of Message:

- Tonight we looked at two of the most powerful and most mismatched spiritual habits in the Christian life. Almost every Christian prays, very few Christians fast. But the Bible treats them like they belong together. The big idea tonight is that prayer is how we talk to God, and fasting is how we clear enough space to actually hear back. When you put them together, something shifts.

Bible Verses

- Matthew 6:16-18, Acts 13:2-3

Discussion Questions

1. Before tonight, what did you think fasting was? Has your definition changed at all after this message?
2. We talked about how prayer and fasting show up together all through Scripture in Daniel, Nehemiah, Anna, and the early church. Why do you think God's people kept combining these two things?
3. The ACTS model gives prayer a shape: Adoration, Confession, Thanksgiving, Supplication. Which of those four comes most naturally to you? Which one do you tend to skip?
4. We said fasting reminds us of our reliance on God. What are some things in your everyday life that make it easy to feel self-sufficient and not need God?
5. We said fasting makes room for the spiritual. What is one thing, whether food, social media, or entertainment, that if you gave it up for a day would create real space in your life for God?

Now what:

Choose one thing this week to fast. Use that time to pray through ACTS. Write down one specific thing you are asking God for and come back next week ready to share what happened.