

Life Group Questions

On Praying for God's Will - For Sunday, January 13th

PRIMARY PASSAGES: PLEASE READ OVER THE PASSAGES BELOW AS YOU WORK THROUGH THE QUESTIONS.

Deuteronomy 8:2-5

Isaiah 58:1-11

Matthew 6:16-18

Questions:

Please do not just think about these questions, but take time to write your responses to them during the week, and consider sharing one or two with your group when you meet.

Have you ever considered fasting for any reason? If so, what reason? Would you be willing to share with others in your group how it went, or what might have surprised you about it if anything?

Perhaps this is the first time you've considered fasting. Do you find anything surprising about the idea? Do the passages above challenge any preconceived notions you may have held?

Most commonly, fasting is used to express repentance or to help clarify complicated areas of our life. Are there any areas of your life; personal attitudes, relationships, areas of repentance, etc that may benefit from this discipline? Would you consider fasting for this is the week to come? Why or why not?

*Bonus - as a group discuss common obstacles to fasting, and tricks you've used to overcome them.