

WHY FAST?

- I. Fasting is \_\_\_\_\_ in \_\_\_\_\_.
  - 1. The \_\_\_\_\_ of \_\_\_\_\_.
  - 2. The \_\_\_\_\_ of \_\_\_\_\_.
  
- II. Fasting is a means of \_\_\_\_\_ God.
  - 1. A way to demonstrate \_\_\_\_\_.
  - 2. A way to demonstrate \_\_\_\_\_.
  - 3. A way to demonstrate \_\_\_\_\_.
  - 4. A way to demonstrate \_\_\_\_\_.
  - 5. A way to demonstrate \_\_\_\_\_.
  - 6. A way to demonstrate \_\_\_\_\_.

**Group Discussion Questions**

(Read the passage together as a group before discussing the questions)

- 1. Fasting as a spiritual discipline has been largely ignored in the U.S. church today. Why do you think that is the case? Have you ever engaged in a fast before? If so, when and why?
  
- 2. What is it about fasting that seems to get God's attention? How does fasting impact us?
  
- 3. In Isaiah 58 God says there is a wrong way and a right way to fast. What were they doing wrong? What is involved in the fast "which I choose"?
  
- 4. In the message there were six different things mentioned that are demonstrated by fasting. Of these, which do you resonate with the most right now? If you choose to take the challenge to fast for 21 days, what will be the focus of your prayers?
  
- 5. What stood out to you from the text or message that you would like to explore further? What will you do to apply this message this week?