

Discussion Questions - Worship Thru Fasting
Selected Passages
EFree Church, Diamond Bar
October 25, 2015

Outline from Sunday's Sermon:

- A. The Purposes of Fasting
 - 1. To Strengthen Prayer
 - 2. To Seek God's Guidance
 - 3. To Minister to the Needs of Others
- B. The Protocol for Fasting
 - Draw attention to God, not yourself.
- C. A Practical Guide to Fasting
 - 1. Only fast if God is calling you to fast.
 - 2. Plan your fast ahead of time.
 - 3. If you have a medical condition, consult your doctor first.
 - 4. Pray during your normal lunch and dinner times.
 - 5. Drink plenty of water but abstain from any food or gum.
 - 6. Exercise self-control when breaking your fast.

Discussion Questions:

- 1. What apprehensions, fears, or stigmas are often associated with fasting? Have you experienced any of these? If so, please share.
- 2. If you've ever fasted, please share about your experience.
- 3. Read Ezra 8:21, Matthew 4:1-2, and Acts 14:23. What can we learn about fasting from these passages? How can we apply it to our own lives.
- 4. Read the following quote: *"Self-indulgence is the enemy of gratitude, and self-discipline usually its friend and generator. That is why gluttony is a deadly sin. The early desert fathers believed that a person's appetites are linked: full stomachs and jaded palates take the edge from our hunger and thirst for righteousness. They spoil the appetite for God."* (Cornelius Plantinga, Jr.) What can we do in our daily lives to stay "hungry" for God, at home, work, church, etc.?
- 5. Pastor Tim shared in his sermon that God is doing something big at EFree Church. If you sense this as well, please share an example or two of how God is working in our church.