

How to Fast
February 16, 2020
Today's Passage: Matthew 6.16-18

Life Group Questions for the week of February 16, 2020

What is fasting?

1. Share something from the sermon that impacted you. What stood out to you?

2. Share a time you have practiced a fast. If you have never practiced a fast, share what fears you might have in practicing one.

3. Which of the dangers of fasting are you the most concerned about? Why?

What are the dangers of fasting?

4. Does fasting increase the likelihood of God answering your prayers? Why or why not?

5. What are some good reasons to fast?

Why should I fast?

6. Get personal: Is God calling you to fast for anything? If so, share what you feel being put on your heart.

7. What are some wrong reasons to fast? How can we protect our hearts from false fasting?

8. How does fasting act as a form of worship? How does it work in conjunction with prayer?

9. Review the verses on fasting (See verses on fasting), which ones get your attention? Why?