

Why We Fast

3 Reasons to Fast:

1. Seeking God to _____ .
Isaiah 58

Joel 2:12-13

2. Seeking God to _____ our _____ .
Daniel 9

Esther 4:16

Ezra 8:21

3. Seeking God for _____ .
Daniel 10:2-3, 12

Acts 13:2-3; 14:23

Types of Fasting:

- Limiting certain foods
- Fasting from food and water
- Fasting from certain activities
- Time limited

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Life Group/Self Study Questions

LOVE GOD

What from the message has drawn you closer to God?

WALK TOGETHER

How do we walk together as a church in the truth of this message?

CHANGE LIVES

Is the Holy Spirit encouraging any change in your life through this message?

More Specific Questions:

1. What has been your experience with fasting?
2. What recurring theme do you see in the text from those who were fasting?
3. Why do you think God desires us to fast and pray?

What are Life Groups? Life groups are small groups that exist for people to be connected, known and supported.
Adults of all ages are encouraged to become involved in a life group! For more info or to join, please contact the office!

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