FAST FOR THE FACE OF THE KING

November 18, 2018

Matthew 6:16-18

I.   What is _____?

III.   How do I fast _____?

II.   _____ would I do that?

FASTING ISN'T ABOUT _____,

IT'S ABOUT THE _____.
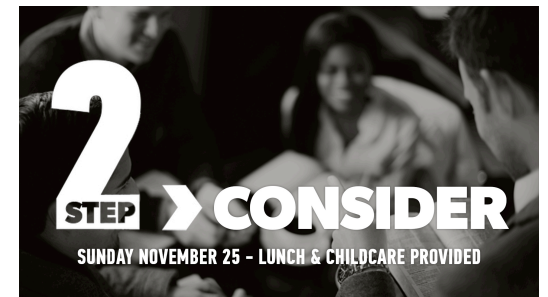

Stewardship Report:

Last Week: $5,911.00

This Month: $11,051.00

Last Month: $16,581.00

Monthly Budget: $17,338.00

2 STEP ▶ **CONSIDER**

SUNDAY NOVEMBER 25 - LUNCH & CHILDCARE PROVIDED

www.harveststlsouth.org

FAST FOR THE FACE OF THE KING

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SMALL GROUP APPLICATION QUESTIONS

Fasting isn't about your appetite for food, but rather your appetite for God.

1. REVIEW THE SERMON

What is Biblical Fasting? How is this similar or different than what you thought about fasting prior to the sermon? Why is fasting important and helpful to the Christian life?

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_____

Read Matthew 6:16-18. What does Biblical fasting look like according to Jesus' teaching? What is Jesus' main focus in His instructions regarding fasting and how is this different from the focus of the Jewish leaders of His day?

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2. ASSESS YOUR LIFE

What is your past experience, if any, with fasting? How would you evaluate that experience now based on what you have learned this week about fasting? If you were to fast again now, what would be the same and what would be different than your previous experience(s)?

_____

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_____

What fears, objections, or hang-ups do you have about fasting in your life? Why do you feel this way? What is at the root of your concerns? What do you think God's Word says in response to your concerns?

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_____

3. APPLY THE TRUTH

Examine the list of 10 ways fasting draws us closer to God that Pastor Micah provided in His sermon. What situations or circumstances in your life right now would align with one or more things on the list and could be helped by fasting?

_____

_____

_____

4. COMMIT THIS WEEK

Fasting is not a required ritual or optional extra credit assignment. It is an important spiritual discipline that when used biblically can be a powerful tool to draw us closer to God. Take the situation or circumstance you wrote down for question 3. Pray and ask the Lord how He might have you incorporate fasting to navigate that situation. When He answers, write His response and commit to obeying His call in this area.

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