

Series: PRAY FIRST
Title: Hungering for More
Speaker: Bob Marvel
Date: March 10-11, 2018

1. What did C.S. Lewis think is the first step in growing spiritually?
2. What exactly is fasting? What was Bob's compact definition? What are the components of fasting? Are there more ways to fast than simply not eating? If so what are they?
3. If you've fasted before, what led you to do so and was it profitable?
4. Name some of the people in the Bible who fasted.
5. Since Jesus never commanded us to fast, how do we know that he wants us to fast today? Is it actually an ongoing part of being a Christ-follower? Support your answer with Scripture. Use your Link notes and think about Matthew 6:16-17, 9:14-17; Acts 9:9, and Acts 13:1-3.
6. Read Isaiah 58:1-12. We naturally and correctly think of fasting as not eating and using that time for prayer. True, but what does this passage say we should also do when we fast?
7. What stood out to you about Esther's decision to fast?
8. If a guest at our services were to ask what the prayer wall is all about, what would you tell them? How is it interactive?
9. Jesus says that there are rewards for fasting but doesn't tell us what they are. What do you think are some possible rewards of fasting?
10. What was Bob's second definition of fasting?
11. Talk about your plans as a group to take part in Cornwall's Good Friday day of prayer and fasting?