

**Series: NOT SO, FAST**  
**Title: Fasting 101**  
**Speaker: Bob Marvel**  
**Date: January 11-12, 2020**

1. If you've fasted before, why did you do it? Was it a benefit, a chore or what? How did you do your fasting? Was it with a group or a solo thing?
2. Did you grow up in a church that fasted? In your opinion, why does the American church fast from fasting?
3. Why would the Holy Spirit drive Jesus into the wilderness, away from disciples and crowds when he could have been doing important and much needed ministry?
4. What is biblical fasting? Who are some biblical characters who fasted, and why did they? Is fasting the same thing as obedience? Does Jesus command his followers to fast? See Matthew 9:15, Acts 13:1-3
5. What did you learn as Bob traced the history of fasting? Where did Lent, Carnival and Fat Tuesday come from?
6. What led Pastor Bob and Jeff to start fasting and what do we hope will come from making this a regular part of our Cornwall's experience?
7. What scares, concerns, or excites you about this?
8. What expectation does the church have for us as we go through this series?