

**Series: NOT SO, FAST**

**Title: Together**

**Speaker: Bob Marvel**

**Date: January 25-26, 2020**

1. Let's touch base again on what we're talking about. Fasting is not letting go of a vice: "I'll give up 'complaining' for three weeks". 'Not so fast, my friends': that's obedience. Fasting is voluntary denial for spiritual purposes. It's giving up something good like food, for something better, like intimacy with God.
2. "Seek the peace and prosperity of the city to which I have carried you into exile. Pray to the LORD for it, because if it prospers, you too will prosper." Jeremiah 29:7 What's the context for this verse? Looking at Daniel 1:3-7, 12, 2:18, and 9:3, why is it strange for these young men to pray for Babylon and develop the lifelong habit of praying and fasting?
3. What's the value behind pursuing God together? See Esther 4:15-16, Jonah, Joel 2:15-16. How can we help each other as a group during the 21 days (Feb. 1-21)?
4. What are some ways you can fast with others and still be together at meal time? How do we work this out as a family? Each do their own thing, what?
5. It's going to be hard. When you're fasting and your stomach growls, what helps to think about then?
6. It's not just giving up, it's giving up and filling up. What's the filling up all about?

### "Fill Up" Ideas

Prayer	Silence/Solitude	Devotional Reading
Confession	Nature	Hymns
Scripture Reading	Prayer Walk	Listening
Scripture Reflection	Worship	Communion
Scripture Memorization	Serving	Celebration
Journaling	Connecting	Praise/Thanksgiving

7. Which fill up(s) will you choose?

### Partial Fast Ideas

Meat	Alcohol	Sugar
Dairy	Caffeine	Desserts
Carbs	Soda	Snacks
Fast Food	Energy Drinks	Dressings

### "Soul" Fast Ideas OVER...

Netflix	Facebook	Notifications
Amazon Prime	TikTok	Apps
Disney +	Video Games	YouTube
T.V.	Minecraft	Shopping
Instagram	Music	Worry
Snap Chat	Podcasts	Hobbies
Social Media	News	Marital Relations

Check out other resources here: <https://www.cornwallchurch.com/?s=FASTING>