

Small Group Message Discussion Questions

NOT SO, FAST | Fast – Feast

Bob Marvel | January 18-19, 2020

Coming February 1-21, we are invited to fast together as a church. During this small group discussion, dig deeper into the Biblical nature of fasting and ask God what He wishes for you.

Read **Isaiah 58** (multiple translations can be helpful)

- What key words or phrases is God pointing out to you?
- What is fasting NOT? (see also Matthew 6:16-18)
- Can you identify some of your own legalistic tendencies?
- What are some dangers and pitfalls of legalistic tendencies?

What could the “rewards” from fasting be?

What is the right motive for fasting?

What is the purpose of fasting?

What does “feasting with God” mean to you and look like to you?

As a group, explore some tangible examples of these three types of fasting:

- Normal fast (food)
- Partial fast (selective foods)
- Soul fast (non dietary, non-necessary, but we’d miss it)

As you close in prayer, ask God to inspire you with the type of fasting He wishes for you and how you can be a support or encouragement to your group members.