

Series: Less is More Title: A Fast Review Date: January 8-9, 2021

1. We know what fasting is. What is "biblical" fasting and what is it's purpose?
2. When you heard that we're spending 21 days of prayer and fasting, what went through your mind?
3. Is fasting still expected or is an outdated practice? Use Matthew 6:16, 9:14-15, and Acts 13:2 to form your response.
4. When Jesus fasted for 40 days (Luke 4:1-2), that obviously made him weaker but could it have also made him stronger to face temptation? If so, how?
5. From John 4:32-33, what's the appetite that drove Jesus to fast?
6. If you get hungry when fasting, what should you say to yourself?
7. What's the relationship between prayer and fasting? How do they go together?
8. Why are we fasting for 21 days? Where did that come from? Hint: see Daniel 10:2-3.
9. What's your plan? What are you going to say no to and yes to?

*Partial Fast Ideas

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

*"Soul" Fast Ideas

Netflix	Facebook	Notifications
Amazon Prime	TikTok	Apps
Disney +	Video Games	YouTube
T.V.	Among Us	Shopping
Instagram	Music	Fortnite
Snap Chat	Podcasts	Hobbies
Sports	News	Marital Relations

*"Fill Up" Ideas

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

*When and How Long

Daily- 21 days, Weekly- 3 weeks, Once on January 21 for our nation