

Series: Less is More
Title: Fast Forward
Speaker: Bob Marvel
Date: January 23-24, 2021

Spend some time to share how God is speaking to you through our 21 days of prayer and fasting.

1. What helpful point did Bob make about a growling stomach? What prayer does he offer then? Check out Psalm 42:2 for help.
2. What do we want to avoid doing while fasting? What could derail us spiritually?
3. Why would the devil not want Jesus to fast, temptation # 1? See 2 Corinthians 10:4
4. Read Luke 4:1-2, verse 14 and verse 16a. What stands out to you from these verses? How do they explain why would Jesus go for a 40 day fast? What implications are there for us as we fast?
5. See Isaiah 58:-1-7. What went haywire in the way these people fasted and how could our fasting today be *unacceptable* to God?
6. What does Isaiah call for, how does he picture true fasting? See Isaiah 1:16-17, 58:7, Proverbs 14:31, 19:17 and hear Jesus in Luke 4:16-19.
7. This external side to fasting is so new, beautiful and so outward. Have you ever thought of fasting from this angle? Where can you put this into action right away?
8. What's the if/then promise here? Acts 20:35