

SERIES: Stand Alone
TITLE: Fast Break
SPEAKER: Pastor Bob Marvel
PASSAGE: Matt. 6:16,9;15; Acts 13:2; Luke 2:36,37; Zech 8:19; Psalm 34:8,63:1,5, 73:25; Amos 5:4; Joel 2:15,16; 2 Chron.15:12; Jer. 29:13; Daniel 10:3
DATES: January 8-9, 2023



MESSAGE TAKEAWAY

Fasting: Voluntary denial for spiritual purposes.

DISCUSSION QUESTIONS

- What was your most enjoyable meal during this past holiday season and what made it special?
- How long have you ever gone without food and why did you?
- Have you ever participated in a spiritual fast and what were the circumstances; what was it like?
- Share one or two words that the idea of fasting brings up in you? Why do think those words come up?
- How do the words "dutiful" and "beautiful" represent attitudes and results of fasting?
- What are some results you might hope for if you were to choose to participate in the Cornwall fast?
- If you choose to fast, what would be your intentional plan? From what? How often? How long? How often?
- Is there something you can replace for a time, with something that would be better?

NEXT STEPS

Get the Cornwall book or check out the YouVersion app for fasting help.

