

**SERIES:** Stand Alone  
**TITLE:** A Holy Fast  
**SPEAKER:** Pastor Bob Marvel  
**PASSAGE:** Acts 13:2 ;Nehemiah 1:6-7; Joel 2:15,16;  
Hebrews 11:6  
**DATE:** January 6-7 2023

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The logo for Small Groups is a teal square containing four white puzzle pieces arranged in a 2x2 grid. To the right of the puzzle pieces, the words "SMALL" and "GROUPS" are written in a bold, white, sans-serif font, stacked vertically.

**SMALL  
GROUPS**

## MESSAGE TAKEAWAY

Biblical Fasting is voluntary denial for spiritual purposes

## DISCUSSION QUESTIONS

- Pastor Bob talked about his tradition of jumping into Lake Padden on New Year's Day, do you have a tradition you practice on New Year's Day?
- We learned this morning—*The goal of spiritual fasting is to have a heart for God not to get something from Him, but an offering of emptiness for God to fill us.* What has been your perspective on fasting? How has your perspective either kept you from practicing this discipline or encouraged you to practice fasting?
- Have you ever fasted? What did you fast, and what was your experience?
- In Nehemiah chapter one we find that he is troubled and in a crisis, and the first thing he does is worship—what is your go to when you are in crisis? What is a next step to worship the next time you are struggling?
- Who can you partner with in community for the 21 Days of Prayer and Fasting?

## NEXT STEPS

Be sure and pick up your copy of the 21 Days Booklet and take the next few days to pray and ask God how you can make a plan for the 21 Days of Prayer and Fasting.

