

March 1, 2020
Life Group Discussion Suggestions for
“When You Fast”
Matthew 6:16-18

1. What do you think of the statement, “If you’re not disciplined enough to pray you’re not ready to fast?”
 - What does disciplined prayer look like?
 - How can fasting enhance prayer?
2. When reading Nehemiah 9:3 we notice several things about the Israelites
 - a. They read from the Law for a fourth part of the day
 - Why is that significant?
 - b. They also confessed and worshipped God for a fourth part of the day
 - What do you think about public confession?
 - Why was worship included?
3. We know that Acts 13:1-3 and 14:23 indicate people prayed and fasted when contemplating important decisions.
 - What types of decisions do you think that might involve for you?
4. Do you think fasting will make it more likely that God will answer your prayer in the manner you desire?
 - Was that the case for David in II Samuel 12:22-23?
5. Do you think a corporate fast would be helpful when seeking revival?
(As in Nehemiah 1 and Daniel 9)
6. Can you see how fasting might aid you in becoming more spiritually alert or sensitive? (As in Daniel 9:1-3)
7. Other than your immediate family, do you think you should tell anyone when you are fasting or that you fasted?
8. What do you think about those who “fast” for Lent?