"PATHS: Fast"

Matthew 4:1-11, Matthew 6:16-18, Isaiah 58:1-12 Pastor Jim Oakley – November 24, 2019

Fasting is a practice of denying yourself in order to indulge in God.

1) FASTING IS DENYING YOURSELF (Matthew 4:1-11)

2) INDULGING IN GOD (Matthew 6:16-18, Isaiah 58:1-12)

Discussion Questions

ICEBREAKER: Have you ever fasted? If so, describe why and how it went. If not, why not?

- 1) How many people do you know that regularly practice fasting? What is their purpose?
- 2) What challenges do you see in fasting?
- 3) Read Matthew 6:16-18 and describe a good approach towards fasting.
- 4) Why is this approach important?
- 5) Describe the issues God had with the fasting of the Israelites in Isaiah 58:1-12.
- 6) According to Isaiah, what was his purpose for fasting?
- 7) How does this passage inform our approach to fasting?
- 8) How does depriving our appetites for physical things affect our appetite for God?
- 9) What might be the benefits for fasting?
- 10) How does fasting interact with the values of our society?
- 11) If fasting isn't only from food, then what else might you fast from in order to connect with God?
- 12) If you were to plan a fast, what kind would it be, and what would your purpose be?
- 13) How can we pray for you this week?