



DE-STRESSING YOUR DISTRESS

PART 2: DOES FASTING MAKE A DIFFERENCE?

INTRODUCTION

As humans, our hardwiring forces us to find stressors around us, but instead of learning how to guide our stress, our lives are being consumed with what fire to put out next. We think there is a better way. During this series you will learn tools that only God can offer to stop letting stress control your every move.

KEY SCRIPTURE

Matthew 6:16-18

Galatians 5:16-17

Matthew 4:1-2

DISCUSSION QUESTIONS

1. Have you ever given up something for a predetermined period of time in order to gain something else? What did you give up? What did you gain (or not gain)? How was that experience for you?
2. Read Matthew 6:16. How do you feel about people who only perform religious acts of devotion to be admired by others? How can you guard your heart so that when you perform religious acts of devotion your only audience is God—your eyes stay focused only on Him?
3. Pastor Will taught that biblical fasting is to go without food in order to seek God, and that it trains our body to not get what it wants. What are the things your body wants when you are not focused on God?
4. Read Galatians 5:16-17. What is your natural response when you don't get what you want?
5. Fasting is not...
 - ...Jesus' secret to get in the best shape of your life.
 - ...A way to get God to do what we want.
 - ...Changing God...it changes us.
 - ...A way to appear more spiritual than others.Which of these false ideas about fasting have you ever believed was true?
6. What are you facing right now, or what struggle with the flesh are you facing today, that could be massively improved by seeking God through prayer and fasting?

Application Prayer: Lord Jesus, show me where your teaching on fasting could benefit my life. I commit to denying my flesh in order to seek you...to gain power, guidance, and clarity from God. I invited you into my life right now!