

Group guide

KNOW JESUS
FIND PURPOSE



Jan 16, 2022

”How Fasting Can Change Your Life“

START:

To get things started, go around and answer the following question:

Are you loving winter? Or are you more of a summer person?

If you could only listen to one song for the rest of your life, what would it be and why?

SHARE:

Welcome back to Group! This week, Cody continued our new series New Frontier. Cody about how fasting really can change our lives. Often we see fasting as the most intimidating spiritual discipline. Something that is only reserved for pastors or missionaries or people who have the whole Bible memorized. We learned that we can **all** do spiritually hard things and that fasting is simply giving up something we want, so that we can lean into God even more.

GROW:

1. What comes to mind when you hear the word ”Fasting“?

Often fasting can be seen as one of the most spiritually hard things to do. Something that is reserved only for the spiritually elite, Pastors or missionaries. But in reality, you were made to do spiritually hard things.

Fasting is not twisting God's arm to get what we want. But rather us giving up something we want in order to receive what we never knew we needed.

2. Have you ever had a time in your life where you felt stuck spiritually, financially, relationally or in any other area? What was that like?

Often fasting is the answer to getting unstuck. Not because we are giving up some food, social media or a bad habit , but because we are hyper-focusing on our relationship with God and removing all distractions.

Matthew 11:28 says this:

"Then Jesus said, "Come to me, all of you who are weary and carry heavy burdens, and I will give you rest."

Coming to God and handing over our burdens brings rest. Often, fasting is a great way to see what burdens we are carrying to begin with.

In the book of Ezra, we see that God's people are stuck. They have somewhere they need to be, but the journey will be rough, dangerous, and they need the kind of help that only God can bring. Read in Ezra 8 what God's people decide is the best option:

Ezra 8:21-23 (NLT) – **21** And there by the Ahava Canal, I gave orders for all of us to fast and humble ourselves before our God. We prayed that he would give us a safe journey and protect us, our children, and our goods as we traveled. **22** For I was ashamed to ask the king for soldiers and horsemen to accompany us and protect us from enemies along the way. After all, we had told the king, "Our God's hand of protection is on all who worship him, but his fierce anger rages against those who abandon him."
23 So we fasted and earnestly prayed that our God would take care of us, and he heard our prayer.

God's people needed help, and their number one option was to set aside what they wanted to receive what they really needed. They gave up desires and sought after God intentionally during that time.

3. Be honest... What is the first thing you go to when you are stuck, in trouble, or in need and you're not sure if you can make it happen?

MOVE:

4. **Fasting is just a launching pad. It's a way to launch us into a life of consistently seeking God daily. What habits can you form to help you seek God daily?** (prayer, God's word, regular Church attendance etc.)

Fasting helps us hyper focus on our relationship with God and form these new habits that can last a lifetime. During this time of prayer and fasting, set something you want aside and seek God during that time. Form new Godly habits; and grow closer to God. Consider forming some of these habits:

- Waking up early and reading my Bible
- Praying at the same time every day
- Praying with my spouse and/or children before I go to sleep
- Consistent church attendance
- Listening to a worship music playlist when in the car

PRAY:

As a group, take time to pray for our church, and pray for your group. God is building his Church and has invited us to be a part of it. The enemy is prowling around waiting to move in and bring destruction to God's people. Get real and pray for each other. Pray over your families. Pray for our NPC family. Your community. The nation. The world.