THE GOOD LIFE | Life Group Leader Guide Part 1
Spiritual Discipline of Fasting

Below are some study questions that will help you and your Life Group dig deeper into the discipline of fasting. We've included plenty of questions, but feel free to use just a few or to choose whichever questions best fit your group.

Opening Discussion:
1. What was your initial reaction and feeling when you learned we were spending the month of March practicing the discipline of fasting?
2. What do you think the purpose of fasting is?

Bible Reading and Questions:
1. Ask someone to read **Deuteronomy 9:9-11**. Moses fasts for 40 days here. What happens as a result of his fast?
2. Ask someone to read **1 Kings 19:8-13**. Elijah fasts for 40 days here. What happens for Elijah after he fasts?

Application Questions:
1. There are places in Scripture where people fast and during or after their fast, they hear the voice of the Lord more clearly. Other times people receive instructions from God (for themselves or others). How might fasting allow you to hear God's voice and instructions more clearly?
2. Other places in Scripture show people fasting for various reasons (David fasted mourning his child's illness, Esther fasted to see her people saved, Ezra fasted mourning over sin). Are there things you are asking God for or hoping he does during this month of fasting?
3. Of all the reasons we fast, intimacy with God needs to be our #1 priority. Richard Foster writes, "*If our fasting is not unto God, we have failed. Physical benefits, success in praying, the enduring with power, spiritual insights – these must never replace God as the center of our fasting.*"[1] Why should intimacy with God be our first priority in fasting?

Closing & Prayer: *[set aside 10-20 minutes for prayer]*
Allow enough time to pray for each other. Pray for God to reveal any places He wants to bring you freedom this month through the discipline of fasting. Pray for a greater sense of His presence this month.

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[1] "Celebration of Discipline" 1998, page 55