

THE GOOD LIFE | Life Group Leader Guide Part 2

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. How has fasting been going so far? Any stories of God showing up in your life? Any stories of hearing God's voice more clearly while fasting?

Bible Reading and Questions:

1. Have someone read **Genesis 3:1-7**. The "original sin" wasn't really about eating food, it was about Eve redefining "good" for herself (something we have continued to do!). But notice the form temptation took – food. What do these verses say Eve noticed about the food? (Verse 6) Unchecked appetites have played a role in us redefining "good" since the beginning. Can you think of any areas people redefine "good" due to appetites we don't control (desires, feelings, etc.)?
2. Have someone read **Matthew 4:1-4**. What similarities do you see in this story and the one we just read from Genesis 3? Matthew wants us to see that here Jesus succeeds where Eve & Adam failed. How was Jesus able to practice discipline in saying "no" to his desire for food (and ultimately to redefine "good")?

Application Questions:

1. Jesus demonstrated how fasting (saying "no" to food for a period of time) gave him strength to say "no" to other temptations. Have you seen that to be true in your life this month?
2. How can controlling our appetites and desires lead us into the Good Life that Jesus has for us?
3. Dallas Willard writes: *"Fasting teaches temperance or self-control and therefore teaches moderation and restraint with regard to all our fundamental drives."*¹ Discuss this quote and how it connects to today's Scripture reading.

Closing & Prayer: [set aside 10-20 minutes for prayer]

Allow enough time to pray for each other. Pray that God uses fasting to set us free from other uncontrolled appetites in our lives.

¹ "The Spirit Of The Disciplines" 1988, page 167