

# FOUNDATIONS FOR FASTING

END OF YEAR – 2017

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## START TALKING. WITH AN ICEBREAKER QUESTION:

- You can find some on page 6 [here](#).
- What was the best thing you ate over Christmas time?

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## START THINKING. ASK QUESTIONS THAT WILL GET YOUR GROUP THINKING.

- Who do you know that fasts?
- Why do they fast?
- Read the scriptures below in preparation for the following conversation.

**Matthew 6:16-18 (NIV)**

*When you fast, do not look somber as the hypocrites do, for they disfigure their faces to show men they are fasting. I tell you the truth, they have received their reward in full. But when you fast, put oil on your head and wash your face, so that it will not be obvious to men that you are fasting, but only to your Father, who is unseen; and your Father, who sees what is done in secret, will reward you.*

**Acts 13:2-4 (NIV)**

*While they were worshiping the Lord and fasting, the Holy Spirit said, "Set apart for me Barnabas and Saul for the work to which I have called them." So after they had fasted and prayed, they placed their hands on them and sent them off. The two of them, sent on their way by the Holy Spirit, went down to Seleucia and sailed from there to Cyprus.*

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## START SHARING. CHOOSE THE QUESTIONS THAT WILL CREATE OPENNESS.

- What has been your past history with fasting?
- Why do you think Jesus fasted?
- What questions do you have about fasting? What confuses you? Perhaps looking over the [Fasting handout](#) could be helpful.
- What is a proper motivation for fasting? Why are you fasting this year?
- When/Why is it OK for someone to know that you are fasting?
- What practical tips/tricks have helped you in your fasting?

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## START PRAYING. BE BOLD, AND PRAY WITH POWER.

- Father, help me as I fast, to remind myself that you are first, and not me. Amen.

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## START DOING. COMMIT TO A STEP AND LIVE IT OUT THIS WEEK.

- If you slip/trip up while fasting, don't beat yourself up. Start again, or call it good.