

fasting.

A Study for eGroups
with Ps Scott and Leela Bourke

ENGAGE: Before beginning this study, set a relaxed atmosphere by making time for everyone to talk, share food and connect socially.

WATCH: Watch the Fasting eGroup video available at www.equipperschurch.com/egroups

DISCUSS: Using the questions over the page, spend time discussing what you have just watched, read out each question and allow time for people to share their thoughts and ideas.

KEY THOUGHT: Fasting is a normal part of Christianity and an invitation to experience more of God in our lives.

KEY SCRIPTURE: Matthew 6

“When you give...when you pray...when you fast”

OPEN.

Question 1:

Did anything particularly stand out to you from the video?

Question 2:

What is your experience of fasting? If you’ve fasted before, what type of fast have you done?

Question 3:

Share any testimonies you have as a result of fasting.

STUDY.

Read: Matthew 6

Vs. 2 “So when you give..”

Vs. 5 “And when you pray..”

Vs. 16 “When you fast..”

Question 4

Jesus talks in Matthew 6 about fasting as a normal part of Christian life. How do you view fasting?

Question 5

Jesus fasted at the start of his ministry on earth (Luke 4:1-2). He wouldn’t have done that if he could have accomplished all he came to do without fasting. So why did he fast?

COMMIT.

Question 6

What can we expect from God as we respond to His invitation to fast?

Question 7

As Ps Scott asked in the video, how could you introduce fasting more into your life over the next few weeks?

PRAY.

Pray for each other that God would give you clear understanding of His full purpose for fasting.

PRACTICAL.

Make a plan to fast at some point over the next few weeks, whether that’s a an absolute, normal, or partial fast. Perhaps do it together as an eGroup – it’s easier with the support of others!