



# practices of Jesus

## FASTING

### LIFE GROUP LEADER GUIDE

#### SCRIPTURE(S)

- Matthew 6:16-18
- Luke 4

#### DISCUSSION QUESTIONS

- What are some examples of things in life that require a lot of work for very little reward?
- How would you define/describe fasting? What are some misconceptions you, or others believe about fasting?
- Have you ever practiced fasting? What was that experience like?
- Fasting requires relying on God's power to sustain you. In what areas of life could you use more of God's power?
- Did you commit to a fasting practice today? What is that going to look like?