



Discussion questions for personal or growth group use:

Readings: Matthew 6:16-18 and Matthew 9:14-17

Question 1: Have you ever fasted before? What was your experience?

Question 2: James described the call to holiness as a process of learning discipline. How have you experienced the need for discipline in your life and how do you think it compares to growing in discipleship?

Question 3: The passage from Matthew 9 describes fasting as something Jesus calls us to as we seek him before his return. What do you think that means? How might you express that in a period of fasting?

Question 4: What do you think God may be saying to you about fasting? If you already fast periodically or regularly, is God leading you to think about this differently? If you are new to fasting, what might God be inviting you to?