



KEEP TALKING

The weekend doesn't have to end. Keep Talking with this week's guide.

God First: Fasting

Craig Walker

START TALKING - Find conversations starters for the group or with a friend.

Which would you find hardest to spend a week without: Your Phone, Your Car (mode of transport) or Tea/Coffee? Why?

KEEP READING - Read the Scripture and ask a question to get the group thinking.

Read Mathew 9:14-15

- Craig talked about how fasting:
 - 1) Is a command of Jesus
 - 2) Helps us draw closer to God
 - 3) Helps us to remove distractions
- Have you fasted before? How did you find it?

John Stott says "We are putting our stomach where our heart is to give added intensity and expresiveness to our ache for Jesus." What do you think about this statement? What does it tell us about fasting?

KEEP TALKING - Choose questions to create openness.

Read Mathew 4:1-11

When the tempter says to Jesus "If you are the Son of God" he is not questioning Jesus' identity, they both know that he is the Son of God. Instead, he is asking Jesus how He will live as the Son of God. The same question is asked of us, how will we live as children of God?

Craig shared 3 temptations that Jesus faced that we too face as His followers.

1. The temptation of focus (Mathew 4:3-4 and 6:33)
2. The temptation of self (Mathew 4:5-7 and 20:28)
3. The temptation of allegiance (Mathew 4:8-10 and 6:24)

- Which of these temptations do you find most difficult?
- What can you learn from Jesus' responses to these temptations?

As we grow closer to Jesus, He strengthens us to overcome the temptations we face in life and He helps us to live lives that seek first His kingdom. One way that we can do this is through prayer and fasting. Craig encouraged us to make a plan for the 21 Days of prayer and fasting

- What are people doing to engage with the 21 Days of prayer and fasting?
- What are you hoping God will do during this time?

This is a great opportunity to encourage each other ahead of the rest of the 21 Days. It is worth being aware that people in the group will have different plans and experiences of prayer and fasting. Sharing each other experiences can help grow faith and encourage engagement,

KEEP MOVING/GOING -Commit to a step and live it out this week.

Commit to a plan for the 21 Days of prayer and fasting

Pray about any aspects of this plan that you could continue beyond the 21 Days

KEEP PRAYING

- Take some time to pray for one another. Pray that you would each grow closer to Jesus and see Him move in your lives.