

Fasting

Small Group Questions



The following questions are intended to start conversations.

Use only the ones your group finds helpful. Explore others as they come up.

- What is the spiritual discipline/practice of fasting all about?
- What has your experience with fasting been like?
- How can our fasting become Spirit-led?
- What are the three enemies of the soul, and why are they so opposed to the practice of fasting?
- How does Jesus overcome the world, the flesh, and the devil?
- What is the better food that Jesus teaches us about? How have you tasted this better food in your life?