

Sermon Discussion Guide:

Prayer and Fasting

Sunday, October 16, 2022

Scripture: **Acts 13:1-3**

Series: **The Spirit & The Church**

OVERVIEW

We often avoid topics we don't want to discuss, and fasting can be one of those topics within the church. We might tend to avoid it because we don't truly understand it, we do it wrong, or do it for the wrong reasons, but mostly, we tend to avoid it because we've lost sight of its importance. When we don't think biblically about fasting, we lose out on the blessings that come along with it. **Prayer and fasting are the forgotten means of seeking and seeing God.**

CORROBORATING TEXTS

1 Corinthians 12:27-28, Ephesians 2:20, Ephesians 3:5, Titus 1:5, Acts 2:42, Acts 14:14, Acts 14:23, Psalm 35:13, Matthew 9:14-15, Matthew 6:16-18, 2 Corinthians 12

DISCUSSION QUESTIONS

1. How would you define fasting? What misconceptions or confusions might we (or others) have about fasting?
2. Why should believers engage the spiritual discipline of fasting? What are the benefits of fasting mentioned in this week's sermon?
3. How is fasting related to prayer? How do they differ?
4. When should we fast? How does the Bible talk about the frequency with which we should fast?
5. What is the proper posture to take when we fast? Why is it important to not make a show of fasting?
6. What has been your personal experience with fasting? Does anything hold you back from engaging in this spiritual discipline?