



Sermon Title: Not So Fast - Fasting Part I Pastor Randy Hood

Scripture Reference: Matthew 6:5-8

Connect: Grow together

- In what new way did God show up in your life this week?
- If you think He did not show up this week, how do you make sense of that?
- What are you thankful for this week?

Deeper: Beyond the message

- What was the main point of today's message? How would you summarize it?
- What did the message say about you, God's people and/or the world?
- What did that message mean for our church?

Application and Challenge

- What was the motivation for the Pharisees to pray as they did in Matthew 6 and Luke 18? What do you do to counter such motivations in your own prayer life?
- What did you hear in Randy's story of fasting and praying for Patty in his early ministry?
- Describe a time when you fasted from food. What was that like physically, mentally and spiritually? (If you have not done so, what has kept you from such fasting?)
- What else might we fast from in order to seek God more clearly today? How might we abstain and have a good and right heart?

- Which of the characters in the video skit stood out to you? Why those characters?
- Re read Jonah 3:3-10, Judges 20:26-27, 1 Samuel 7:6, and II Chronicles 20:2-4. What important themes do you see in these passages?
- Personal reflection question: How will I pray these next two weeks to seek God's voice regarding fasting?