



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

Scripture Reference: Matthew 6:1-6, 16-18

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 is a spiritual breakthrough? Can you describe past examples of such breakthroughs in your life?
- What are the Do's and Do Not's of fasting?
- Pastor Randy said the American church does not discuss fasting much because it is uncomfortable. What hinders us from fasting this week?
- Read Acts 13:2 and 14:3. What do these passages mean for our study?
- Recurring prayer: Stop a bit early and pray for these breakthroughs
Pastor Randy mentioned: for Pathways, for the completion of the construction project and for personal breakthroughs in our lives.

- Personal reflection question: How will I pray this week to seek God's voice regarding fasting?