



Sermon Title: Prayer and Fasting 2022- Pastor Ryan

Scripture Reference: Matthew 4:1-3

Connection:

- How did you hear God's voice or sense His presence this past week?
- What are you thankful for this week?

Reflection:

- Summarize the sermon in one to three sentences. What was the main point of the message?
- What did the message say about you, God's people, or the world?
- What did that message mean for our church?

Application

- What is fasting?
- Why is fasting important?
- What are the principles of fasting from a sacrificial standpoint?
- Why is food such a central item for fasting, and why should food fasting not be avoided?
- Read Matthew 4:1-3 Discuss/imagine what fasting from food would look like for 40 days. Has anyone in the group done a 40 day food fast or done an extended food fast? (Willing to share some thoughts from the journey?)
- What are some secondary fasts to food to be considered? (ie, Digital media fast?)
- Read Matthew 6:16-18 How should one act while on a fast? Why is this important?
- How are some ways as a group and individually you can enter into the first week focus of the 21 days of listening to God?