

bridgeway GROUPS

UPCOMING:

This fall we will jump into The Bible Recap challenge for the month of October in the New Testament! Join us with your group! Check it out here - thebiblerecap.com

DISCUSSION GUIDE: September 14 - Ron Aulbach

"The Discipline of Fasting"

LIFE: What is your favorite type of food?

ENGAGE THE MESSAGE:

1. **Read Matthew 7:24-27, Matthew 4:1-2, John 4:31-32, Matthew 6:16-18**
2. Is there an area of your life that feels like it could be leaning or sinking? If so, what is it?
3. What do you notice about fasting from these verses?
4. What is the goal of fasting according to Jesus?
5. What kind of fasts have you done in the past? What was your motivation? What was the benefit for your faith?
6. In what areas of life do you feel strong and healthy, and in what areas of life do you feel weak and unhealthy? (Spiritual, Physical, Intellectual, Relationships, Financial)
7. What is something you need to abstain from in your life?
8. What is on your heart to give up in order to grow closer to God over the next 21 days (Sept 14-Oct 4)?
9. Is there then something in life in which you can engage to backfill the void and draw you closer to God?

MAKE DISCIPLES: Who will you invite to fast with you and help hold you accountable?