

## **Fasting Lesson Week One**

Tools to use during a fast:

### 1) Bible

- Study to hear from God
- Do not take long passages but small portions to think on

### 2) Music

- Listen to Christian music
- Allow yourself to worship

### 3) Prayer

- Pray the scriptures over yourself, family, friends and church
- Pray for the concerns you have during this fast

### 4) Fellowship

- We need each other
- Support helps during times of corporate fasting

### 5) Questions and Answers

## **Fasting Sunday Night Group Lesson Week Two**

Troubleshooting:

There is no failure in fasting:

- 1) Fasting is not about success or failure in the mechanics.
- 2) The focus of fasting is our relationship with God.
- 3) If you made a commitment and did not follow through start over.

Questions

- 1) What has been your greatest struggle?
- 2) What questions have come during this time?
- 3) Have you used the prayer book?

If so, how has it worked?

What could make it better?

- 4) Questions and Answers

## **Fasting Sunday Night Group Lesson Week Three**

Encouraging each other:

1) How is it going with your fasting experience?

2) Your Perspective:

God's plan for service

Individually

Corporately

God's plan for souls

Does this Church have a greater concern for souls?

Do individuals have a greater compassion for souls?

Is there a growing commitment to discipleship?

God's plan for self

Have you experienced God's presence during this time?

Has your passion for spiritual growth increased?

What is God saying to you during this time?

## **Fasting Sunday Night Group Lesson Week Three**

Celebration: This is a day of celebration and encouragement. Some will have received immediate answers while others need their faith encouraged by what God will do in the future.

Testimony time: What has God done for you during this corporate fast?

(Ask some who have testified about God doing something good for them. Open it up for anyone to share. This can be an amazing time where God breaks in and creates a spirit of praise and awe.)