

Feasting and Fasting

- Our three biggest idols:
 - Comfort
 - _____
 - Security

- Feasting is a _____ of God’s good creation.

“We were made to feast. Not in order to become full, but because we are full. We are to celebrate that fullness by feasting. Feasting to fill the emptiness is not feasting; it is coping” (Justin Whitmel Earley, The Common Rule, p.128).

- We like being full of _____ we like because that soothes our _____.

Why Fast?

1. Jesus fasted.
 - Matt. 4:3-4 / Deuteronomy 8:3
 - Jesus fasted because he knew that fasting is a way to _____ our trust in God for what we need.

2. Jesus expected us to fast.

3. Fasting reveals our need.
 - Fasting has power to reveal what _____ us.

 - Fasting has power to reveal _____ trust.

4. Fasting reveals the one who meets our need.
 - “Biblical fasting always centers on spiritual purposes” (Richard Foster, Celebration of Discipline, p.49).

The Habit of Fasting

- The point of fasting is to abstain from something for the purpose of _____ the Lord.

- Assignment: Fast from Something for 24 Hours
 - If food, try sundown one day until sundown the next day. Drink only water, and plan three times of prayer as meal-replacement activities.

Reflection Questions

1. Discuss the three idols of our culture: comfort, convenience, and security. Give an example of where you see this in the world. Give an example of where you sense a draw toward one of these in yourself.
2. Of the four reasons to fast, which for you is most compelling and why?
3. If you have fasted in the past, share with the group what that experience was like for you.
4. Let’s try this habit together! Share with the group your plan to fast from something for 24 hours. Share that from which you will abstain and let the others know when you plan to do this. (Check in with one another next time to see how it went.)
5. How is God getting your attention?
6. What is God saying to you?
7. What are you going to do about it?