

small things BIG DIFFERENCE

Week 10

Life Group Notes

Process (what has been taught) - 25 minutes

Ask the group to think about a time when they had to give up something good, in order to attain something better. Ask the group to feedback to the rest of the group what that good thing was and what made giving it up so so difficult.

Triangulate Psalm 84:9-10. What is true about God? What is true about the person who “taste’s the Lord”? What is our faith response?

The main idea of fasting is that we “go empty” so that we can “be full” of God. Paul’s prayer for the Ephesian church was “that you may be filled to the measure of all the fullness of God”

Read 1 John 2:16. I particularly like how the NLT reads: *For the world offers only a craving for physical pleasure, a craving for everything we see, and pride in our achievements and possessions. These are not from the Father, but are from this world.*

- List some of the things that might come under each category listed in that verse (physical pleasure, everything we see, achievements and possessions).
- Remind the group of the source of this kind of “craving”

Fasting is a biblical disciple to redirection our cravings of these things - towards cravings for God Himself

Prepare (for godliness) - 15 minutes

This week we’re considering the issue of fasting and how it redirects our cravings.

- To begin, read Matthew 6:16-18.
 - In verse 16 Jesus assumes that Christians will fast, yet few Christians today do. What factors do you think contribute to this?
 - What do the hypocrites crave?
 - What’s the difference between abstaining and fasting? (i.e. the answer is probably found in what you do when you’re not eating).
 - In what ways might our fasting become hypocritical today?
 - How should we fast (vs.18)?

Practice (of godliness) - 20 minutes

In this section we're going to try and get real with each other

- Is there anything that God might be leading you to fast from? For what purpose? Is this because of a conviction that you need help in one of these areas:
 - Recap the 6 purposes of fasting:
 - brings us closer to God
 - helps us master the desires of our flesh
 - humbles the soul
 - prepares us for challenging tasks
 - creates empathy with those who suffer poverty & injustice
 - aids prayer
- How might you be able to build fasting into your normal rhythm of life?

Pray (for godliness) - 15 minutes

Take 10 minutes to pray for each member of the group - they have identified and confessed to having a need for help - so the group should pray!