

Jesus tells us \_\_\_\_\_

How to start fasting

1. Start \_\_\_\_\_
2. Find \_\_\_\_\_
3. More than \_\_\_\_\_
4. Cherish \_\_\_\_\_

**Why it's worth it**

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

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**NEXT STEPS:**

*Is fasting a rhythm in your life? Think about intentionally forgoing a meal, or something else, this week to focus on prayer and connection with Jesus. Invite a friend to join you and fast in community with others.*

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**NEXT WEEK:** FORMED | *The Rhythm of Singing*

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*When modern Christians think of fasting, it's usually with mixed emotions. Some have built this rhythm into their lives, others had a bad experience or legalistic expectations, others still don't give it a second thought. However, in the book of Matthew, Jesus tells us how and why to fast because he assumes that we will do it.*

**What Jesus says about fasting**  
**(Matthew 9:14-17)**

Jesus tells us that his presence is \_\_\_\_\_

Jesus tells us that he provides \_\_\_\_\_

Jesus tells us that he provides \_\_\_\_\_

**(Matthew 6:16-18)**

Jesus tells us to \_\_\_\_\_

Jesus tells us to \_\_\_\_\_

*Growth Groups are the glue that holds our church together, the way we find and follow Jesus together. If you are not involved in a Growth Group, now is the perfect time to jump in at [gracecentralcoast.org/groups](https://gracecentralcoast.org/groups)*

**CONNECT** *(ask these questions to check-in with your group)*

*Talk to your group about planning a hang out day. Maybe at the beach, backyard BBQ, game night, etc...Get creative and plan a different type of hang out than what you normally do.*

**DISCUSS** *(use some of these questions to process God's Word together)*

5. Read Mathew 6:16-18 and Matthew 9:14-17. What did you learn this week about fasting? How did you come under the authority of God's word?
6. Before Sunday what were your thoughts on fasting? What are your thoughts now?

7. Do you think fasting is something you'll try? Why or why not?

8. What does Jesus say are the spiritual benefits to fasting?

9. Growth Group as Family: If your group, or members of your group, are planning to try fasting, how can you help one another make it happen?

**PRAY** *(use these prompts to pray in response to God's Word)*

- Continue praying for the war in Ukraine and those on the ground helping.
- Pray for our Grace supported missionaries around the world and that many would come to know Jesus through their ministries.
- Pray that your group would hunger for Jesus as you all become more formed in his image together.