

Week 9 Daily CG questions Winter 3/10/24

"Secret Devotion" series week 4

Question for the Season

In what ways has God worked in your life that at the time you did not see, understand, or plan for, but now you see and are grateful for? How have those things influenced your life?

Main Verses for the Week

Isaiah 58:3-12

Day 1 - Scripture Reading and Study / Seeking Guidance

- Read Isaiah 58:3-12; Acts 13:2-3, 14:23.
- What do you think motivated the Israelites and Apostles to fast in the passages above?
- What outcomes did God want for his people as a result of fasting?
- Read Matthew 9:14-15. Do Christians *have to* fast now that we live in the *period of Grace*?

Day 2 - Space for Reflection and Prayer

- Read 2 Samuel 12:16-19, 22-23; Matthew 6:16-18.
- How are we to be careful that "fasting" does not become a "hunger strike" and an "emotional blackmail" with God?
- What are the signs we should look out for as we fast?
- What are some of the things God is showing you that you need to fast from? (Note: abstaining from sin is not a fast!)

Day 3 - Time for Repentance

- Fasting was a way of life for God's people in the biblical times and Jesus exemplified it. Is it part of your lifestyle? Why or why not?
- What is God speaking to you specifically regarding this discipline? How will you respond?

Day 4 - Tangible Hope / Generosity / Serve

- Encourage others by sharing some of the things you do as you fast. For instance, do you pray all the fasting period, do you go about your day as normal, etc.?
- Share some struggles or obstacles that keep you from fasting and how you overcome them.
- Share some of the habits or practices that have helped you to fast.

Day 5 - Worship / Celebrate / Encourage

- Read Isaiah 58:6, 8-9.
- What are some victories that you have seen as a result of fasting?
- Would your Community Group consider doing a day of fasting collectively as an encouragement to each other?