



FACT TO PONDER

“Fasting is a way to resist the original sin of trying to eat our way to happiness and to force ourselves to look to God for our fullness.”

Justin Earley, The Common Rule

Opening

- Read Matthew 3:13-4:4

Reflection Questions

- After the dramatic affirmation of the God the Father, why does the Spirit lead Jesus into the wilderness? How do these sequences remind you of Genesis 2 and 3?
- Why do you think Satan tries to test Jesus with, “If you are the Son of God...”? (v.3, 5)
- Even though Jesus’ stomach is empty from fasting, how was Jesus able to withstand Satan’s testing? What kind of “food” was he feeding on? (Deut 8:3)
- Why is fasting hard to do, especially in a context of abundance?
- In our culture of consumption, how does it dull our spiritual attentiveness? How have you seen this in your own life?
- As you reflect upon your own life, how have you sought to fill your emptiness with food or other comforts? How might fasting help you create an appetite for the things of God?
- If you are going to fast from something, what would it be and why?

Next Steps

- Schedule a time to meet with your accountability partner to check in and encourage each other.