



FASTING

E-Course Discussion Questions



1.

WHEN, NOT IF

ICEBREAKER:

What is one meal you can eat constantly and not get tired of?

Watch the video with your group.

TAKE TIME TO DISCUSS THESE QUESTIONS:

1. What does it mean to make food your idol?
2. Have you ever used food as comfort?
3. Why does Jesus believe it's important that we, as Christians, fast?

MEMORY VERSE:

"When you fast, do not look somber as the hypocrites do, for they disfigure their faces to show others they are fasting. Truly I tell you, they have received their reward in full."

Matthew 6:16 NIV



2.

FOUR REASONS TO FAST

ICEBREAKER:

What is the longest time you've ever fasted?

Watch the video with your group.

TAKE TIME TO DISCUSS THESE QUESTIONS:

1. Have you ever tried fasting during a very difficult time in your life? What happened?
2. What is the biggest reason you feel the need to fast, personally?
3. Do you have a story of a time you felt tempted during your fast? What happened?

MEMORY VERSE:

"But the days will come when the bridegroom will be taken away from them, and then they will fast in those days."

Mark 2:20 NKJV

3.



TYPES OF FASTS

ICEBREAKER:

What is something that you've fasted from that's not food?

Watch the video with your group.

TAKE TIME TO DISCUSS THESE QUESTIONS:

1. What type of fast is the Lord calling you to do? How do you know?
2. What are some things you should not do during a private fast?
3. Why is it important to be a part of a corporate fast?

MEMORY VERSE:

"But seek first the kingdom of God and His righteousness, and all these things shall be added to you."

Matthew 6:33 NKJV



4.

HOW TO FAST

ICEBREAKER:

Do you get cranky when you fast?

Watch the video with your group.

TAKE TIME TO DISCUSS THESE QUESTIONS:

1. Before fasting, how are we supposed to prepare spiritually?
Why is it important?
2. Do we have to be directed by God to fast?
3. Why must we make up our mind about the fast we will be doing before we begin fasting?

MEMORY VERSE:

“Blessed are those who hunger and thirst for righteousness, For they shall be filled.”

Matthew 5:6



5.

WAY OF HUMILITY

ICEBREAKER:

What are you hoping to get out of this fast?

Watch the video with your group.

TAKE TIME TO DISCUSS THESE QUESTIONS:

1. How does fasting humble us?
2. How is the favor of God released in our lives when we fast?
3. Have you experienced a time where you've felt really humbled in God's presence?

MEMORY VERSE:

"Therefore humble yourselves under the mighty hand of God, that He may exalt you in due time."

1 Peter 5:6 NKJV



6.

TRADING A BOWL FOR A BLESSING

ICEBREAKER:

At what point does fasting get the hardest for you? When does food look the most delicious?

Watch the video with your group.

TAKE TIME TO DISCUSS THESE QUESTIONS:

1. When we fast, the enemy attacks our mind with ways to minimize our fast, and justify the desire to give it up. What are some examples you've faced?
2. What are some things you do to replace the urges to eat during fast?
3. Do you see more of Esau or more of Jacob in you? Why?

MEMORY VERSE:

"I beseech you therefore, brethren, by the mercies of God, that you present your bodies a living sacrifice, holy, acceptable to God, which is your reasonable service."

Romans 12:1 NKJV



7.

RECIPE FOR REVIVAL

ICEBREAKER:

What is your idea of what a revival would look like in our day and age? Explain in detail.

Watch the video with your group.

TAKE TIME TO DISCUSS THESE QUESTIONS:

1. What's the recipe for revival?
2. Why do you think we are not seeing "revival" all over?
3. During fasting, why is it important to pray and not just fast?

MEMORY VERSE:

"If My people who are called by My name will humble themselves, and pray and seek My face, and turn from their wicked ways, then I will hear from heaven, and will forgive their sin and heal their land."

2 Chronicles 7:14



8.

THREEFOLD CORD

ICEBREAKER:

What's the most radical thing God has asked of you during a fast?

Watch the video with your group.

TAKE TIME TO DISCUSS THESE QUESTIONS:

1. What is the threefold cord?
2. How can you implement it in your fasting?
3. What are the biggest temptations you face while fasting?

MEMORY VERSE:

"Though one may be overpowered by another, two can withstand him. And a threefold cord is not quickly broken."

Ecclesiastes 4:12 NKJV



9.

FROM CURRENT TO CALLED

ICEBREAKER:

What do you think God called you to do?

Watch the video with your group.

TAKE TIME TO DISCUSS THESE QUESTIONS:

1. What are the benefits of fasting?
2. What are some things that God has spoken to you during a fast that have created an imprint on your heart?
3. What do you think makes you go from your current state to being launched into your calling?

MEMORY VERSE:

"Therefore if anyone cleanses himself from the latter, he will be a vessel for honor, sanctified and useful for the Master, prepared for every good work."

2 Timothy 2:21 NKJV

10.

HEALTH BENEFITS OF FASTING

ICEBREAKER:

Do you think fasting can help you live longer?

Watch the video with your group.

TAKE TIME TO DISCUSS THESE QUESTIONS:

1. Have you experienced any health benefits to your body while fasting?
2. Why is caring for our physical health important to God?
3. What's the most interesting fact you've learned about fasting?

MEMORY VERSE:

"Or do you not know that your body is a temple of the Holy Spirit . . . and you are not your own? For you were bought at a price; therefore glorify God in your body."

1 Corinthians 6:19-20 NKJV