

COMMUNITY GROUP GUIDE

FASTING - STARVE THE FLESH, FEED THE SPIRIT - 01/13/2025

COMMUNION

- At some point during your gathering, take communion together.
- Read and meditate on John 6:35
- spend a moment in silence to experience the presence of Christ

REVIEW

- **Denying the Self:** The starting point of following Jesus is a life of self-denial, taking up our cross and following Him (Matthew 16:24).
- **Fasting as a Practice of Self-Denial:** Fasting is a spiritual discipline designed to weaken the flesh (our disordered desires) and strengthen the spirit.
- **Fasting Reveals Our Heart:** Fasting uncovers what controls us and helps us confront our attachments to unhealthy desires.
- **Fasting Reorders Our Desires:** Through fasting, we can reorient our desires toward God and grow in spiritual maturity.
- **Strength Through the Holy Spirit:** The power of fasting is not in the act itself, but in drawing closer to God and relying on His strength to overcome sin (Galatians 5:24).
- **The Power of Reflection:** Reflecting on our experiences during fasting helps us understand our motivations, weaknesses, and desires.
- **Fasting as a Feast:** Jesus calls us to approach fasting with the same expectation and joy as a feast, focusing on the nourishment of the Spirit rather than the flesh.

DISCUSSION

1. How did fasting go last week? Where did you sense God? Where did you feel resistance?

Read: Romans 7:15–8:11

2. What stood out to you from this week's teaching?
3. What does denying yourself and taking up your cross look like in your daily life? What are some areas where you feel challenged to live out this calling?
4. What specific areas of your life are you being called to surrender to God in this season?