

COMMUNITY GROUP GUIDE

FASTING - STAND WITH THE POOR - 01/19/2025

COMMUNION

- At some point during your gathering, take communion together.
- Read and meditate on Luke 4:14–21
- spend a moment in silence to experience the presence of Christ

REVIEW

- **Fasting to stand with the poor:** fasting aligns our hearts with God's heart for the poor, the afflicted, the hungry, the homeless, and the oppressed.
- **The Call to Love Our Neighbor:** fasting leads to practical expressions of love and care for others, especially the vulnerable
- **Humility in Serving the Poor:** The poor are not objects of pity but fellow image-bearers of God. Serving the poor is not an act of superiority but of humility. We are all in need of God's grace, and helping the poor is a way of identifying with them and with Christ.
- The Scriptures teach that how we treat the poor is a reflection of how we treat God Himself (Proverbs 14:31, 19:17)
- **Eat–Fast–Feast:** The early church practiced a rhythm of eating modestly most days, fasting one or two days a week until sundown and feasting on Sabbath and special occasions.

DISCUSSION

1. How did fasting go last week go? Can you share something you learned as you reflected on your experience?

Read: Isaiah 58:6–9 and Matthew 25:31-46

2. What stood out to you from this week's teaching?
3. How do you currently engage with those in deep need within your community?
4. What fears, doubts, or obstacles might hinder you from living out this aspect of our faith – to care for the poor and oppressed?
5. What practical step will you will take this week to stand with the poor?