

REALIGN YOUR LIFE

PRACTICES THAT TRANSFORM YOU

STUDY GUIDE | JANUARY 17, 2021

REALIGN YOUR LIFE: FASTING

THE POINTS FROM THIS WEEK'S MESSAGE WERE:

- Fasting frees us to pursue the way of the Lord.
- Fasting exposes what is controlling us.
- Fasting expresses our commitment to change in light of God's truth.
- Fasting embodies God's compassion, generosity, and justice.

LET'S TALK

1. What impacted you the most from this week's message?
2. Have you ever tried fasting? If so, what motivated you? What was the experience like?
3. Read Matthew 4:1-11. How do you think Jesus' time of fasting enabled him to overcome temptation?
4. Pastor Andrew says that fasting frees us to pursue the way of the Lord. What is something you'd like to be more free from? What is something you'd like to be more free to do?
5. Read Isaiah 58:3-7. What warnings about fasting do we see here?
6. Pastor Andrew shares three ways fasting frees us to pursue the way of the Lord.
 - a. Fasting exposes what is controlling us.
 - b. Fasting expresses our commitment to change in light of God's truth.
 - c. Fasting embodies God's compassion, generosity and justice.

Which of these three reasons resonates with you the most?

7. What is one thing you can fast from to free you to pursue Jesus more this week?

Download the [Fasting Guide Sheet](#) and consider doing a fast this week

LET'S PRAY

Spend some time in prayer (for each other, for our community and for the world).

This resource and additional study guides are available at cornerstonechurch.ca/sermons

For more group resources including icebreakers, group activities, serving and other meeting ideas, visit cornerstonechurch.ca/onlinegroupideas
