

AUGUST 16, 2020

BAC AT HOME

SERMON GUIDE

“THE WAY OF JESUS: FASTING”
LUKE 4:1-4

- ➔ Pray for the Holy Spirit to open your eyes and guide you in all truth (John 16:13-16) as you reflect on his Word.
- ➔ Read Luke 4:1-4 aloud
- ➔ Consider the types of fasting you may have done - abstinence, fasting from food - what has your experience with fasting been like?
- ➔ Have there been times during which you fasted in response to a sacred moment?
- ➔ Fasting as a spiritual discipline can easily slip toward a reward-based motive, but as a response to a desire to be closer to God and hold His presence sacred, it has a long history and tradition in the church. In what ways do you think regular fasts could prompt deeply spiritual intimacy with God? How could these fasts bring you closer to the unity of your body and mind?
- ➔ What is God saying to you in this Word, in the sermon, and in your walk with Him this week?
- ➔ What is God telling you to do? How can we be part of helping you obey?
- ➔ If you are discussing these questions as a Group, pray for one another in the specific ways the Holy Spirit is speaking truth into your lives.

RECOMMENDED READING:

Scot McKnight, *Fasting*

John Piper, *A Hunger For God: Desiring God through Fasting and Prayer* (Free PDF download available at <https://www.desiringgod.org/books/a-hunger-for-god>)

Richard Foster, *Celebration of Discipline: The Path to Spiritual Growth*

Adele Ahlberg Calhoun, *Spiritual Disciplines Handbook*

Dallas Willard, *The Spirit of the Disciplines: Understanding How God Changes Lives*