



**Life Group Questions
May 5th - Fasting and Prayer**

1. What stood out to you from Sunday's message? Have you ever heard teaching on fasting before?
2. Is fasting a spiritual discipline you regularly do? Why or why not? If you have fasted, what was the experience like? Was it difficult? Easy? Disappointing?
3. Why do you think most Christians have a hard time fasting? Why isn't it a regular discipline we exercise?
4. What are some things you could fast from? As a group make a plan to fast together. Set goals to carry this out.
5. Spend some time praying together. Pray for God's leading in what you should fast from. Ask God to expose idols or things in your life you need to fast from.



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