



## Small Group/ Reflection Notes

22-11-2020		Fasting
 Read	<b>Matthew 6:16-18</b>	 Listen again ChesterRoadBaptist.org.uk/Watch ChesterRoadBaptist.org.uk/Talks
 Discuss	<input type="checkbox"/> If you were marooned on a desert island, what "stuff" would you miss most? <input type="checkbox"/> What's the difference between not eating and the spiritual discipline of fasting? <input type="checkbox"/> Have you ever been on a spiritual fast? What from? What was it like? <input type="checkbox"/> Both <i>feasting</i> and <i>fasting</i> are spiritual disciplines. Which are you more comfortable with? <input type="checkbox"/> What are your tips for keeping a spiritual fast healthy and safe?	
 Go further	<input type="checkbox"/> v.16: Why are some fasts unhealthy or unspiritual? <input type="checkbox"/> v.17: When <i>you</i> fast... why should it be only for an audience of One? <input type="checkbox"/> v.18: What are the potential rewards of spiritual fasting? <input type="checkbox"/> See Mt.4:4-11: Why did Jesus fast? <input type="checkbox"/> See Mt.9:14-17: Why did Jesus' disciples <i>not</i> fast?	
 Reflect	<input type="checkbox"/> Which one verse stands out to you? Why do you think it grabs your attention? <input type="checkbox"/> Which verse(s) will you need to think more about? Why? <input type="checkbox"/> Do you need to grow in the spiritual discipline of <i>fasting</i> or <i>feasting</i> ?	
 Do	<input type="checkbox"/> Plan a spiritual fast. <input type="checkbox"/> Why will you fast: hearing God, spiritual breakthrough, healing, or..? <input type="checkbox"/> What will you fast from: food, or hot drinks, or TV, or social media, or..? <input type="checkbox"/> How will you re-purpose the time to centre yourself on God?	
 Pray	<p><i>Dear God,</i>  <i>Thank you that You are the source of all ____.</i> Help me to ____.</p> <p><i>Holy Spirit, I ask You to ____.</i> With Your help, I commit myself to ____.</p> <p><i>Fill me once again with Your Holy Spirit. Amen.</i></p>	
 My question:		



If you're not yet in a small group, why not join one!

Check out: [ChesterRoadBaptist.org.uk/SmallGroups](http://ChesterRoadBaptist.org.uk/SmallGroups)

Can't see a small group that suits your availability/ interest? Why not start one!

Email: [SmallGroups@ChesterRoadBaptist.org.uk](mailto:SmallGroups@ChesterRoadBaptist.org.uk)