



## MAIN CONTENT

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This week Pastor Kevin talked about another sacred rhythm in our lives, fasting.

Sacred Rhythms are things we do that draw us closer to God. Some sacred rhythms are disciplines of engagement or doing something active like prayer, reading scripture or fellowship.

Other sacred rhythms can be defined as a discipline of absence where you abstain from something. Examples of this would be frugality, fasting or even solitude.

1. Which disciplines are easier for you to practice: disciplines of absence or disciplines of engagement? Is there a specific discipline that comes easier?

Fasting is giving up something you want (namely food) for something you want more (namely God). We tend to indulge and feast on the things we want. We get what we want, when we want it. But we aren't made to feast all the time.

2. Have you ever fasted before? Talk about your experience with fasting.

Food is not a bad thing, it's a good thing. But when we focus on our food all the time, we tend to put those things above God and what He wants to do.

### **Read Matthew 6:33**

When we choose to fast and forgo something, we are seeking what God wants and His kingdom and not what we want. When we fast, we are asking God to get involved with what He is doing instead of focusing on what we want.

3. When is the last time you asked God to show you what He is doing and asked Him how you can be a part of it?

We can be inwardly focused on what we want, what we wear and what we eat. When we fast from food, we are putting a stop to the things we want and we are going with what God wants. Pastor Kevin used an illustration of red and green. The red is fasting what we want (food) and feasting on God instead (green).

## Read Matthew 6:16-18

Our reward for fasting is God. It's more time with Him, more of His spirit, more of whatever He wants to do in us for His glory.

4. Pastor Kevin said, "fasting is feasting with God". What does that statement mean to you?

God wants to do more in us but sometimes it takes us doing things we aren't comfortable with like fasting and intentionally spending more time with Him to know what that is. In the moments where we are completely reliant on Him, we have more intimacy with Him.

When we fast, we need to make sure our motives are correct. We shouldn't fast to compare with others. And if we are fasting from food, we need to remember it's not a diet. We should fast for a purpose greater than ourselves.

5. How can you prepare your heart for fasting?

God initiated fasting for us. It's Biblical to help us grow closer to Him. He is the reward when we fast. We have time to spend and feast with Him.

6. What are some things you can fast from in order to grow closer to God?

Over the month of February we will be fasting and praying as a church. When we corporately fast and pray God can do some big things in our hearts, families, church and city.

## CLOSING PRAYER

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Lord, thank you for creating ways for us to spend time with you. Thank you for helping us align with you. Help us want more of you and align our hearts with your kingdom. Help us feast on You and fast the things we put above You. Let us hear from your spirit and draw near to you. Amen.

## ACTION STEP

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+ Go to [www.crosspoint.tv/fast](http://www.crosspoint.tv/fast) to find out more about fasting and how we will be fasting the month of February as a church.

+ Make a plan to attend the Worship Night on February 28th with your group to celebrate what God does during our "Awaken" series of prayer and fasting over the month of February.

+ Pray about how you can fast over the month of February. Make a plan to fast and spend time with God over the month.