



WEEK 5: ABIDING THROUGH FASTING

DISCOVER

Begin by discussing question 1 below. Then, [watch the Week 5 teaching video](#). Use the provided guide to follow along and write down any personal insights you gain or questions that come to your mind.

DISCUSS

Use the following questions to help guide your group discussion. Remember that it isn't necessary to discuss every question. Feel free to focus on as many or as few as you'd like.

- #1 - Over the last 7 days we were challenged to take steps to abide through prayer . Share with the group about your experience (i.e. successes, short-comings, insights, etc.)
- #2 - As a group, share about your past experience with fasting. If you've never fasted, what has kept you from this spiritual practice?
- #3 - Share any insights or questions that you have about fasting that you gained from the video.
- #4 - Discuss the following quote: "More than any other discipline, fasting reveals the things that control us. This is a wonderful benefit to the true disciple who longs to be transformed into the image of Jesus. We cover up what is inside of us with food and other things." (Richard Foster, [The Celebration of Discipline](#))
- #4 - Of the types of fasting discussed, which one would you be most likely to try? Explain your answer.
- #5 - Which of the 5 practical tips did you find to be the most helpful? What suggestions would you add about fasting?

DISPLAY

Identify one step of obedience you want to commit to taking over the 7 days in regards to abiding through fasting. Write it down and share it with the group. Then, next week we will all share about our experiences.