



# FOUNDATIONS: LOVE GOD *WORK IT OUT*

## LESSON 6: IS 'FASTING' STILL RELEVANT?

### QUESTIONS

If you are working out these questions on your own, consider writing down or journaling your thoughts and answers to these questions. If you are working out these questions in a group, share specific and real examples of your experiences.

1. What spiritual benefits do you imagine could result from practicing fasting?
2. Fasting and abstaining are different things; sometimes practicing abstinence can help provide a good starting point if you've never fasted before. What is one thing you could abstain from this week? What do you anticipate would result?
3. Share your experiences with fasting. What were the spiritual benefits and/or challenges you experienced as you did this?
4. What obstacles stand in the way of making fasting a more regular spiritual practice for you? Are there areas of healing that need to be addressed, first? If you feel comfortable, share or write down what these areas of healing might be.

### NEXT STEPS

Check out the other Foundations Course videos!

**Individuals:** Choose one day this week to practice fasting! Write down your plan and journal a prayer asking God to help you feel sustained during your time of fasting. Then, journal your experience, including the difficult moments and the moments that God sustained you.

**Groups (2+):** Choose a day to fast together. Commit to praying for one another throughout the day and make a plan to encourage each other. Then, share your experiences.