

## FASTING

We are continuing together as a church body in the Lord's Prayer. Our hope is to take time not only to invite you to pray, but also to set aside time to practice the spiritual rhythms of Jesus together. This week we invite you to join us in practicing **Fasting & Simplicity**.

Fasting is a rhythm we practice for the purpose of intimacy with Jesus. Fasting is an aid in our communion with Jesus. It consists of abstaining from something physical for the benefit of something spiritual. Fasting acknowledges our dependence on the Lord and reveals our false dependencies in life. As Marjorie Thompson puts it: "Food is necessary to life, but we have made it more necessary than God... Fasting brings us face to face with how we put the material world ahead of its spiritual Source." –Marjorie Thompson, *Soul Feast*

Read **Matthew 4:1-11** and **6:16-18** together.

What do you notice about Jesus' instruction to His disciples on the rhythm of fasting?

What do you notice about yourself when you get hungry? How might God use those insights as opportunities for growth?

What stands out about Satan's temptations and Jesus' responses?

What would it look like for you to take another step to follow Jesus' example of fasting, ready to be filled by and empowered to fight using God's Word?

"When you fast," not "if you fast." Jesus assumes that His followers will fast. He emphasizes that we don't fast to posture ourselves as more spiritual than others. Instead, we fast as a posture of our heart before God.

If you're not in the rhythm of fasting, how do you take the next step this week? Start small and grow into the rhythm. Most often, fasting involves food. But some of us have made other things essential in our lives—soda, social media, Netflix, coffee, sweets... A fast from media or a delicacy for a certain period of time may be more effective for you than a fast from a meal.

Take a moment to pray together and celebrate what God is revealing to you about Himself. **Read Matthew 6:9-13 together to close.**

You can find more resources at [mosaicnwa.org/thykingdomcome](https://mosaicnwa.org/thykingdomcome).

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## QUESTIONS?

**connect with community**

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[mosaicnwa.org/community](https://mosaicnwa.org/community)

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