

ANCIENT RHYTHMS

JANUARY 21, 2024

SERIES OVERVIEW:

Bible Study. Prayer. Fasting. Silence & Solitude. Worship. Evangelism & Story. These ancient rhythms have marked the Christian faith since the beginning of the Church. They are means of grace gifted to us by God so that we might know Him and make Him known. How can these ancient rhythms shape our personal lives and our corporate body today? Join us as we rediscover ancient rhythms of the faith.

MESSAGE TAKEAWAYS:

FASTING: TEMPORARY ABSTINENCE TO CREATE DEEPER DEPENDANCE AND RENEWED FOCUS ON JESUS!

CONVERSATION QUESTIONS:

- Pastor Dave began his message by asking if we often feel overwhelmed by distractions in our culture. Specific to you, what are some of these distractions that often overwhelm you? Are these distractions absolute necessities or just add-ons to an already busy life?
- ***“Fasting is a spiritual discipline that is a detox for our hearts. Temporary abstinence to create deeper dependence on God.”***
- When you think about fasting, are you intrigued, discouraged, confident, or scared? Why?
- Have you ever attempted a purposeful, spiritual fast before? Share your experience. How did the fast impact your relationship with God?

- There are many instances in the scriptures of God sustaining His people or an individual for prolonged periods of time. Have you ever experienced God's sustaining work in your life? Share your experience and why this period of time is something you remember as significant. Do you look back on this moment often?
- Fasting has less to do with what we give up and more to do with what God has given up for us. Read Matthew 9:14-17. We do not fast because it will make us approved by God or because it earns our righteousness, Jesus has already accomplished that with His life, death and resurrection. However, how does fasting cause us to reflect on Jesus today and for the coming ages in eternity?
- Pastor Dave gave us 8 Fasting Tips. Which of these tips are the most helpful to you? Do you think you are more likely to add fasting a spiritual discipline to your rhythms? Why or why not?
 1. BE SMART
 2. CONSIDER HOW IT WILL AFFECT OTHERS.
 3. MAKE A PLAN AND SET A GOAL.
 4. START SMALL.
 5. CONSIDER OTHER THINGS TO FAST RATHER THAN FOOD.
 6. FOCUS ON JESUS
 7. CONSIDER HOW YOU COMMUNICATE ABOUT YOUR FAST TO OTHERS.
 8. BREAK YOUR FAST WISELY.

FINAL THOUGHTS:

As we continue on this journey, we would love to help you in any way we can. If you are wondering what next steps are right for you, please reach out, and we'd love to have a conversation with you or your group about the season you are in and the places Jesus has entrusted to you as you seek to be formed by His Word.

Meet with a Pastor: <https://ncchapel.churchcenter.com/people/forms/551596>