

Fasting: Week 1

1. Social/Fellowship Time (10-15 minutes)

2. Content/Spiritual Conversations (30-35 minutes)

- **Debrief from Fasting video**

1. Is fasting a new practice for you in your discipleship? What experience did you have with it previously?
2. What fears or questions did you have (or do you still have) about fasting?
3. What was your experience of fasting like?
4. Where did you feel resistance with fasting? Where did you experience delight?
5. What would you love to see God do in your life or your community through this practice?

3. Accountability questions (25-35 minutes)

*Now that you have gone through the **Rule of Life** process, make a point of checking in on how everyone is doing in following their Rule of Life. What does accountability look like for your group in this area?*

- ***When your group is getting started***

1. How is it with your soul? (Redirection Question: What is God teaching you emotionally, mentally, spiritually?)
2. What are your successes and struggles in your spiritual life right now? How might the Word and Spirit be speaking in your life?

- ***And then, when your group is ready***

3. Do you have any sin to confess?
4. Is there anything you desire to keep secret?

4. Homework for next week

- Continue with fasting practice
- Read **supplemental fasting material** found at:
<https://thefreshwater.church/2026/01/practice-fasting-2/>
 - *Participants can download the reading by clicking the blue button on the page linked above. Optionally, you can print the reading and hand out.*