

Fasting: Week 2

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

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

- **Debrief from Fasting reading (*Spiritual Disciplines Handbook* by Calhoun)**
 1. When you feel empty or restless, what do you do to try to fill the emptiness? What does this tell you about your heart?
 2. What is your attitude toward fasting or self-denial?
 3. In what ways do you currently deny yourself?
 4. When has self-denial brought you something good?
 5. What has the experience of fasting been like for you?
 6. Where do you operate from an entitlement mentality? How can you wean yourself from this way of life?

3. Accountability questions (25-35 minutes)

Continue making accountability with the **Rule of Life** a primary focal point of this time.

- ***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

- Watch **Witness** video 1: “Begin with Love” (32:57)
 - <https://thefreshwater.church/2026/01/practice-witness/>
- Identify three to five people you care about who are not followers of Jesus and begin praying for them daily. Then follow the instructions on **the exercise guide**.
 - Participants can download the guide by clicking the orange button on the page linked above. Optionally, you can print the guide and hand out.