



# WEEKLY STUDY GUIDE

## ICEBREAKER

What is the most hungry you have ever been?  
How long did you go without eating?

## CONTEXT

As we continue in our To Know The King series, we focus this week on the neglected discipline of fasting. What is it, and how do we do it?

## PASSAGE

See discussion questions

## DISCUSS

In your own words, what is fasting? Why do we do it? What kind of “reward” do we get?

Have you ever fasted before? Why or why not? What type of fast did you do? What were the results? Share about your experience.

Why do you think we don’t talk a lot about fasting today? How does the discipline of fasting run contrary to 21st-century American society?

## DISCUSS CONTINUED

In Matt. 9:14-15, Jesus says, “The days will come when the bridegroom is taken away from them, and then they will fast.” What does this tell us about the reason for us to fast?

Read Matt. 6:16-18. What does this passage tell us about our approach to fasting? Why is this important?

Describe a time in your life when God felt distant. How did you get close to Him again? How do you think that fasting would help in those times?

## NEXT STEPS

As Closer (21 Days of Fasting and Prayer) begins, consider how the Holy Spirit leads you to participate in this spiritual discipline. Think about your life. Is there something that you need to mourn? Is there something from which you need to declare freedom? Do you need a time of renewed transformation? Do you need to make a kingdom decision, resist the enemy, or experience a breakthrough?

Whatever the need, map out time during the next 21 days for intentional fasting and praying.