

# Purposeful Fasting

Sunday, October 20, 2019

2 Thess 1:11; Mark 4:1-20

## Movement 1: Fruitful

A Prayer for Fruitfulness – 2 Thess 1:11

### Every desire for goodness

Every “resolve for goodness” – decision, heart

### Every deed prompted by faith

Action – A step of faith, because of faith

### Brought to fruition

Image – Seed and Fruit

### By his power

Fruitful – Our resolve and deed, His power

## Movement 2: Frustrated

Parable of the Sower – Mark 4:3-8; Explained, Mark 4:14-20

Snatched Away – Evil One

Short Time – Trouble or Persecution

Choked Out – Worries of this life, deceitfulness of wealth, desires for other things

## Fasting

Abide – Practices to Connect with God

Scripture and Prayer – “Conversation”

Fasting – Creating Space in Distracting Times

### Purposeful

Stopping something in order to create space

What would it take to find more space?

Pick something and try it!

- Do without something
- Deliberately use that time to connect with God

# Small Group Guide

## Kick off your time together

Go around the circle, share your name, and a highlight and lowlight from your week.

## Open in Prayer

Have one or two open in prayer asking God to be present and to direct your time.

## Discuss a few of these questions

Have you ever tried fasting? If so, would you be willing to share why did you do it, and how it went?

Together as a group make a list of activities that are not necessarily wrong, but which take up a lot of people’s time these days, and are of questionable value (TV and Social Media are obvious examples).

Which of the things on the list you made take a lot of your attention?

Have you ever deliberately stopped doing something you enjoy (even just temporarily) in order to do something you thought was more important?

Is there something you would like to try “fasting from” in the next while as a result of this conversation?

## Pray for Each Other

In light of all that has been shared, pray for each other.