

**Life Group Session 1 Discussion 4**  
**Spiritual Habits: Fasting and Prayer**  
**Cross Culture Church**

**Goal:** The goal of the discussion is to encourage your group to engage in habits that although they may not be experts in will grow closer in Jesus by simply training in and practice them. Remember the goal is to train and not try harder.

**Connect (30 Minutes):**

1. Take a minute and remind the group this is an open group and if your group can think of a person to invite please do.
2. What's your hobby?

**Discussion Time:**

Start today's discussion on how the previous few weeks of prayer were.

***How many times were you able to pray. Did it change your perspective at all? If so how? Were there any answers you heard?***

*One of the best ways to fuel prayer in our lives is through fasting.*

**Let's talk about fasting**

**How would you define fasting? What has been your experience?**

**Fasting is abstaining from food, habits, or dependency for spiritual purposes in order to connect with and align with Jesus through the Spirit.**

**Read the following Scriptures together out loud.**

**23** *So we fasted and petitioned our God about this, and he answered our prayer.*

*Ezra 8:23, NIV*

**26** *Then all the Israelites, the whole army, went up to Bethel, and there they sat weeping before the Lord. They fasted that day until evening and presented burnt offerings and fellowship offerings to the Lord. **27** And the Israelites inquired of the Lord. (In those days the ark of the covenant of God was there, **28** with Phinehas son of Eleazar, the son of*

*Aaron, ministering before it.) They asked, "Shall we go up again to fight against the Benjamites, our fellow Israelites, or not?"*

*Judges 20:26-28, NIV*

**What was the goal of each fast listed in these scriptures?**

**What are the areas of your life that you depend on more than God that might be getting in the way of God's guidance?**

**What are the areas that you need more of God's guidance in?**

**The Spiritual Habit we will practice over the next few weeks until we meet again is Prayer and Fasting.**

**Fasting options**

- **Start small if food. Maybe do a meal a day or only 24 hours. Consult your doctor for guidance.**
- **Do a week of social media.**
- **Do a day of no screen time.**
- **Fast oversleeping.**

**In place of the things you are fasting practice the Lord's prayer again.**

- **Declare Him Holy and speak out who He is in the bible and to you.**

- **Pray specific prayers that involve His Kingdom in your life and others.**  
(Healing, salvation, love, joy, peace, patience(careful), gentleness, self-control...)
- **Pray for His will not yours in circumstances.**
- **Pray prayers of gratefulness for His provision and ask for His provision.**
- **Pray prayers of forgiveness for yourself because of the work on the cross and also forgiveness of others.**
- **Pray for Holiness in your life and not giving into temptation.**
- **Pray against the enemy's plots and plans in your lives and others.**

**How do you think this will transform you?**

**Action Items for next time:**

- **Let the leader know what you plan on fasting through texting by tomorrow.**
- **Bring your bibles next week.**
- **Train in the things that grow you in Jesus.(Fasting and Prayer)**

**Finish in Prayer.**

- **Go through the Lord's prayer together again. Say it out loud.**