



Slowing Down

HELLO

This has been a very beneficial series. It will mean more for those who embrace the challenges Russ presented to us to slow down, be quiet, and get some rest. This final discussion is more important than you might think. Fasting is an ancient spiritual practice that we need today more than we think. Let's see if we can reframe the purpose of fasting to get the same results Jesus and his followers did.

What is something you cannot do without? It can be figurative or literal.

Do you tend to make changes in your life incrementally or wholesale?
(Change over time or all-in?)

GROW

There are things we figuratively "can't" live without like coffee, Facebook, dessert. Then there are things we literally can't live without like oxygen, water, food. The true purpose and benefit from fasting are somewhere between the two.

Read Matthew 6:16-18

Why do you think fasting is pretty much always related to food?

What usually happens to you when you go too long without eating or drinking?

What do you think is behind the human "need" to be noticed?

M O V E

There are two ways to fast. You can deny yourself something that is non-essential to life and health like social media, cell phones, coffee, etc. Doing without these things is hard and may elicit feelings of withdrawal. The other denying yourself is something essential to life like food and water. In the strict sense, biblical fasting is connected to the essentials. The question is why?

Read Philippians 3:17-21

How can fasting in the essential sense (food) help us focus on why God is our sustainer in life?

Which would be harder for you to fast from food or technology?

Which would more likely result in you connecting with God as your life-giver?

Paul says we are made for something greater than just this life. What do you think that is?

P R A Y

Nothing will make you feel more like a community than this time. Share your joys, your burdens, your victories, your fears. This is the place to do it.