LORD OF THE THINGS

GETTING INTO THE FAST LANE

ROCK SMALL GROUP QUESTIONS

Steps to a Successful Fast

1. Set your objective.

A. Why are you fasting? Is it for spiritual renewal, for guidance, for healing, for the resolution of problems, for special grace to handle a difficult situation?

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B. Can a few people share a time when you have fasted in the past? What was most challenging about it? How did God bless you?

2. Prepare yourself spiritually.

A. Why is it important to stay away from negative people during your fast? (See Proverbs 27:3) Have a Barnabas moment and share some words of encouragement with those in your small group.

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B. When the tough times come during your fast what will you do?

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3. Put yourself on a schedule.

A. Read Psalm 1 – note that it refers to day and night when it comes to meditating upon God's Word. Establish this principal during your fast. Also share with your Group your "special place" that you can have alone time with God.

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B. Make sure you have an accountability partner in your small group and talk to them outside of your group meeting this week. Take a moment and share with your accountability partner what changes would you like to see take place in…

      - your spiritual life?   - your diet   - the stewardship of your time, talents and resources?

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4. Fasting can have a lot of power except when it is done in an un-proper way. What type of spiritual actions do you think should accompany a fast? According to Isaiah 55:1-8, what does God desire of us when we fast? What habit are you giving up or developing during your fast?

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For more information on fasting, visit: http://www.therocksandiego.org/21dayfast/