

2023 Aim Check-in

- Becoming disciples who make disciples, who make disciples.
 - Creating a community of faith that meaningfully engages our community of residence.
1. In the time since you last met as a H2H group, have you made any movement towards the aims we've set for 2023?
 2. How might we as a H2H group help support or encourage you towards these aims?

Discussion Questions Set #1

"When you fast, do not look somber as the hypocrites do, for they disfigure their faces to show others they are fasting. Truly I tell you, they have received their reward in full. But when you fast, put oil on your head and wash your face, so that it will not be obvious to others that you are fasting, but only to your Father, who is unseen; and your Father, who sees what is done in secret, will reward you."

(Matthew 6:16-18)

"It is written: 'Man shall not live on bread alone, but on every word that comes from the mouth of God'"

(Matthew 4:4).

1. Renowned author Richard Foster defines fasting as "the voluntary denial of a normal physical function for the sake of intense spiritual activity". Prior to this sermon, how might you have described the purpose of fasting within the life of a follower of Jesus? How has your view changed?
2. In sermon, it was pointed out that Jesus' phrasing was "when you fast" and not "if you fast" in our text for the day. Discuss the significance of Jesus' choice of words and how we might apply them as followers of Jesus.
3. As He did with prayer, Jesus juxtaposes private fasting against a more public fasting. Discuss how motives influence one's approach to fasting.
4. Why do you think Jesus encourages "hidden" fasting?

Discussion Questions Set #2

"Then John's disciples came and asked [Jesus], "How is it that we and the Pharisees fast often, but your disciples do not fast?" Jesus answered, "How can the guests of the bridegroom mourn while he is with them? The time will come when the bridegroom will be taken from them; then they will fast."

(Matthew 9:14-15)

"Whether you eat or drink or whatever you do, do it all for the glory of God." (1 Corinthians 10:31)

"As often as you eat this bread and drink this cup, you proclaim the Lord's death until He comes" (1 Corinthians 11:26),

1. Discuss how Jesus (specifically His death and resurrection) impact both our understanding and practice of fasting.
2. Specifically thinking of feasting and fasting, how can these activities be done "for the glory of God"?
3. Our practice of communion (the Lord's Table) was discussed in sermon this week. How might a biblical view of both fasting and feasting influence our practice of partaking in the Lord's Supper?
4. How might feasting and fasting serve as proclamation?
5. Think about your H2H group and the pace of food within your gathering. How might the practice of fasting be implemented within your H2H group?