Lesson 16: Wednesday January 19, 2022

Teacher: Joshua Kirstine

Spiritual Disciplines- Fasting

**1 Timothy 4:7** …discipline yourself for the purpose of godliness; (NASB)

1. How are you doing at your implementation of the Spiritual Disciplines we have studied so far this year?
   1. Take a moment to share which SD’s you are growing in and some of the fruit it is showing.

* Worship
* Serving
* Evangelism
* Apologetics
* Stewardship
* Discipleship
* Forgiveness
* Confession/Repentance
* Sabbath
* Fasting
* Accountability
* Bible Study
* Bible Memorization

***Fasting is a voluntarily going without food for a determined time for the sake of some spiritual purpose.***

1. *Take time to talk about what Fasting is and how it works. (are we all on the same page?)*
2. *What questions do people have about what it is and what it isn’t? (look to bring clarity and dispel confusion)*
3. *Talk about why Fasting is a help to our spiritual growth and life with Christ?*
4. *Talk about the ways that we can turn Fasting into something it is not meant to be and how to be accountable to practice it in a God honoring way.*

*Due to this being a shorter lesson and study, take some extra time tonight to check in with each other and to pray for each other and our Church.*

\*please be done by 8pm and encourage your parents to pick up their kids “before” they fellowship in the quad.