



DISCIPLINES OF THE
Holy Spirit

SERMON DISCUSSION GUIDE FOR CONNECT GROUPS

25 & 26 FEB 2023

“FASTING”

MATTHEW 6.16-21

Suggestions for Making the Most of your Group Time

1. Begin by reviewing the video of the sermon, preferably before you meet together (see <https://www.brmc.org.sg/services/sermons/>).
2. Read the Scripture passage together, before entering into discussion.
3. Spend time on both question components, namely:
 - a. Comprehension (*Who? What? When? Why? How?*);
 - b. Application / Transformation (*So what? What action should I take? Perspective should I adopt? Value should I uphold? Emotion should I embrace? Habit should I develop? Desire should I nurture? etc*)
4. Discuss as few or as many questions as best fits your group’s current context and present stage in life.
5. Before ending your group session, allocate some time (15-20 min) to pray with and for one another.

Discussion Questions

1. From your review of the sermon and your reading of the Scripture passage, recap the key points of this sermon.
2. Based on the Scripture text and the sermon, what is the purpose of fasting?
3. Go around your CG, with each person briefly sharing their past experience(s) of having fasted, or not. What temptations did you face while fasting? Were there 'internal' temptations to prematurely give up fasting, or 'external' temptations to show off? (This question is for mutual learning and reflection – not to exalt oneself nor to berate oneself!)

4. Is God leading you to fast from food or from some other thing? How is the Lord leading you this Lent to re-tune your heart, to reorder your life, to treasure him more deeply? What can the CG do to help each other stay on track?

Prayer Items

5. Pray for one another, that we would be empowered by God to live out the specific areas of application and transformation raised during the discussion time. Pray also for any needs that were mentioned.