

# Small Group Discussion Guide

“Make Room” (pt. 3) - 02.28.16

**Scripture:** Acts 13:1-4

**Bottom Line:** Fasting is giving up something good for something greater.

## UNPACKING THE GOSPEL

As Christians we should desire a present faith, not just a future get out of jail free card. Yes, an eternal standing with God. But also a present relationship with God, present experience, and present leading by God! And nothing compares to experiencing God's nearness, feeling God's affection, or discerning God's leading. But if we're honest, we don't often experience it, do we? The good news is that God gave us an incredible gift, a powerful tool, and effective means by which God can make room in our lives to experience, feel, hear, and be led by him .

### Read Acts 13:1-4

#### 1) Why did the early church fast?

**Answer:** They fasted to make room to hear from God and to make room for power to act on God's guidance.

#### 2) What are your thoughts on fasting? What is fasting? What should we fast from?

**Answer:** Temporarily giving up something good for something greater. What is something good that you hunger for or something that takes up space in your life that you can give up?

#### 3) What are you fasting for?

**Answer:** PURPOSE- guidance, power, closeness, healing, habit, idolatry, addiction.

#### 4) What are you fasting from (making room)?

**Answer:** PANGS- food, tv, social media (medical considerations)

#### 5) What are you putting in the room you make?

**Answer:** PLAN- prayer, Bible reading, worship, how it affects others

#### 6) Where does scripture point to fasting and what does it mean to us?

**Answer:** a) **Matt 6:17-18:** Jesus fasted to fight temptation in his life. Do you have a temptation you need God to overcome? b) **Matthew 9:14-15:** Fasting to be intensely Godward. Do you need God to see, hear, and answer you? c) **Acts 9:8-9:** Fasting is for those not experiencing being with Jesus. Do you long to experience Jesus and for Him to be real? d) **Acts 14:23** Saul fasted to figure out what God was doing in his life. Is God at work, and you need to see it and understand it?

## LIVING OUT THE GOSPEL IN MY EVERYDAY LIFE

#### 1) Take a few minutes to listen to Eddy and Monica Foye's experience with fasting and discuss it with your group (The interview is found at the 30 minute mark).

<http://tccjax.org/messages/sermon/2016-02-28/making-room-the-book-of-acts-pt-3--the-forgotten-discipline>

#### 2) Will you commit to fast for the 4 weeks leading up to Easter? What will you give up to experience something greater?

**Answer:** Remember, it is not the fasting that matters, but what fills the space- prayer! Pray for a HUNGER for God in the midst of your fasting.