

**When You Fast
Gathering Groups Discussion Questions:**

Ice Breaker:

- What is your favorite food that you commonly eat at Thanksgiving?

Question #1:

- What impacted you the most from this sermon?

Question #2:

- Read Matthew 6:16-18
- What is Jesus saying in this passage?
- Why is it important that fasting not be done for others to see?
- What happens when we do spiritual practices for others?

Question #3:

- What is the value of fasting?
- How does the pursuit of pleasure from food keep us from God's presence?

Question #4:

- How are spiritual disciplines warfare tactics?
- What does this look like in your life?