

LIFE GROUP LESSON February 10 to February 16, 2019

“Examples of Fasting in the Bible”

●WELCOME God’s People (15 minutes)

●WORSHIP God (10 minutes – song, reading of Psalms or prayers of thanks/praise). You can use prayers of thanksgiving or adoration as your time of worship

●Live by God’s WORD (45 minutes)

Old Testament Fasting

- Moses fasted 40 days on behalf of Israel’s sin: Deuteronomy 9:9, 18, 25-29; 10:10.
- David fasted and mourned the death of Saul: 2 Samuel 1:12.
- David fasted and mourned the death of Abner: 2 Samuel 3:35.
- David fasted and mourned the death of his child: 2 Samuel 12:16.
- Elijah fasted 40 days after fleeing from Jezebel: 1 Kings 19:7-18.
- Ahab fasted and humbled himself before God: 1 Kings 21:27-29.
- Darius fasted in concern for Daniel: Daniel 6:18-24.
- Daniel fasted on behalf of Judah's sin while reading Jeremiah’s prophecy: Daniel 9:1-19.
- Daniel fasted regarding a mysterious vision from God: Daniel 10:3-13.
- Esther fasted on behalf of her people: Esther 4:13-16.
- Ezra fasted and wept for the sins of the returning remnant: Ezra 10:6-17.
- Nehemiah fasted and mourned over the broken walls of Jerusalem: Nehemiah 1:4-2:10.
- The people of Nineveh fasted after hearing the message of Jonah: Jonah 3.

New Testament Fasting

- Anna fasted for the redemption of Jerusalem through the coming Messiah: Luke 2:37.
- Jesus fasted 40 days before his temptation and the beginning of his ministry: Matthew 4:1-11.
- The disciples of John the Baptist fasted: Matthew 9:14-15.
- The elders in Antioch fasted before sending off Paul and Barnabas: Acts 13:1-5.
- Cornelius fasted and sought God’s plan of salvation: Acts 10:30.
- Paul fasted three days after his Damascus Road encounter: Acts 9:9.
- Paul fasted 14 days while at sea on a sinking ship: Acts 27:33-34.

Suggested Questions for Discussion and Growth

1. How does the fact that God is concerned and cares about what we have to say empower you to make the time for Him?
2. Some think we do not need to pray when God already knows. How do we reason and respond to that?

●Impact God’s WORLD (20 min)

1. Think about ways to grow your group and give birth to a new group.
2. Pray for your lost relatives, co-workers. Ask the Lord to help be a good example.
3. Your group might think about visiting an elderly person or couple.

ANNOUNCEMENTS – 3 minutes:

1. Share: ●any planned group activity ●important church announcements ●next meeting time
2. Keep a copy of the church bulletin to help remind the group of important events.

CLOSING – Please turn in your attendance each week. It helps us evaluate our progress.