

# LENT

## Fighting With Fasting

### 1. Catch Up On Life:

*This is when we update each other on the things that Jesus has been up to in our lives since we last saw each other. As church family, we care about each other's lives: what we're celebrating, what we're mourning, what decisions we are praying through, and everything in between. (1 Thessalonians 2:8, Romans 12:10 and 15)*

*Suggested time: 20-30 minutes*

Take some time to look back at your answers in the Lent Guide this week under Evening Prayer:

- What can you thank God for this week?
- When were you most aware of Jesus' presence this week?
- When were you least aware of Jesus' presence this week?

### 2. Review the Mission:

*Just like God the Father sent Jesus on a mission of reconciliation for us, Jesus sends us out as ambassadors of His reconciliation. We are called to make disciples wherever we go. (John 20:21 and 2 Corinthians 5:18-20)*

*Suggested time: 10-20 minutes*

People:

- Reactive - Who in your life (family, coworkers, etc.) can we join you in praying for? Who has God put around you that is showing spiritual interest? Who is hurting and could use some love from our group?
- Proactive - Who are the people we are intentionally living on mission with (neighbors, STC partner organizations, or a specific demographic in Columbia)? What are our upcoming plans to love, serve, and build relationships with this group?

Plan:

- Are there any rhythms already planned, or an extra rhythm we could plan, to create a way for these friends to connect with our group?

**Pray:** Prayer is the fuel of God's mission. Let's pray for our people by name; pray for their needs and opportunities to have spiritual conversations that help them take next steps toward Jesus.

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1. Have questions about the sermon? Ask us [here](https://bit.ly/2Kzyd9B) (bit.ly/2Kzyd9B) (form.jotform.com/91616134918157)

2. Looking to grow as a LifeGroup? [MidtownLifeGroups.com](https://MidtownLifeGroups.com)  
3. Check out our Bible reading and Prayer Plan based on this series [here](https://midtowncolumbia.com/reading-plan) (midtowncolumbia.com/reading-plan)

## 3. Scripture & Sermon Discussion:

*God uses His Word to reveal Himself to us, equip us to live the good life He's designed for us, show us our sin, and strengthen us as we follow Him. We preach the Word on Sundays and apply it as a LifeGroup throughout the week. (2 Timothy 3:16-17, Colossians 1:9-12, and James 1:22-25)*

*Suggested Time: 20-40 minutes*

### i. Scripture Discussion

**Primary Passages:** Matthew 6:1-6, 16-18

Read **Matthew 6:1-6, 16-18** out loud. Spend some time silently reflecting and journaling the following questions as a LifeGroup:

- What stands out from the passage?
- What does this passage reveal to us about God?
- What does this passage reveal to us about people?
- Share with one another what you thought, reflected, and wrote about.

### ii. Sermon Discussion

What stood out to you from the sermon?

What's been your experience with fasting?

In the sermon, we said fasting does the following:

- To spiritually power up
- To activate you to love
- To get more of God
- To reveal who you really are

Which of these stood out to you? Why?

This week we're abstaining from background noises (music, podcasts, radio, etc.). How's that been going so far?

## 4. Engage the Heart:

*Jesus calls us to walk in the light, confessing our sins to God and each other. God's Spirit works through confession and community to lead us to repentance. (Romans 3:23-24, James 5:16, and 1 John 1:5-10)*

*Suggested Time: 20-40 minutes*

- How are you abiding with Jesus (Bible reading and prayer) this week? What has Jesus been teaching you through these practices?
- What sin do you need to confess to God? What are you struggling to trust Jesus with this week? How can you give Him control of it? (As people confess sin, make sure to remind one another of the good news Jesus offers. If need be, use the worksheet "Go-to Verses for Gospel Fluency" at [FollowingJesusTogether.com/confession](https://FollowingJesusTogether.com/confession))
- Has the Holy Spirit been prompting you do to anything that you've been resisting? What step(s) do you need to take to walk in obedience?

**Pray:** James tells us that a community that regularly confesses sin and prays for each other will see a lot of healing. Confess your sins to God in prayer and pray for each other. **Pray** for the Spirit to work in you as you take steps of repentance.

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