



## Prayer & Fasting – The Spirit Led Life

January 10, 2021

Group Discussion Guide

1. **Read Exodus 32:1-4.** How and why did the Israelites disobey God?
2. Let's say you were talking to a young child about "wants" and "needs." How would you explain the ways in which they are different? When have you confused a want for a need?
3. Which foods are difficult for you to imagine going without?
4. Of the fast options discussed, which option do you think would likely be best for you as you think of making a commitment to the 21-day fast?
5. What are some examples of how God has become your "living water"?
6. What are some contaminants that you hope to eliminate through fasting and prayer?
7. **Read James 3:9-12.** How is it relevant to this discussion about fasting?
8. Read this prayer out loud and in unison: "*Lord, we pray that we would be purified while we pray and fast together. Amen.*" How will we commit to pray this for each member of our group?