

MESSAGE BIG IDEA

“Lord, help us let go of anything distracting us from your presence so that we can lean into intimacy with you.”

SCRIPTURE

Luke 10:1, Luke 5:1-11

DISCUSSION

Jesus calls us to be a part of his upside-down kingdom. He calls us to give up control, our rights, and our comfort. The call of Jesus is incredibly counter-cultural, and people in your group may resist these ideas. Give people space to think through these ideas and work out the nuanced relationship we may have with these three areas of control, rights, and comfort. It might help to have a Scripture for reference depending on the direction of the conversation. The most excellent model of all these is the person of Jesus highlighted in Philippians 2:1-11.

Fasting for religious reasons is not a cultural norm for most people. We've included a helpful list containing four kinds of fasting that may help generate good conversation in the group. This list will help new people get the concept, and it will give those more experienced a way to offer suggestions and help. For more fasting info, you can visit communitychristian.org/21days.

Challenge your group to fast in new ways that will push them beyond what they've done in the past. Here are four ways of fasting:

Complete Fast - In this fast, you drink only liquids, typically water with light juices as an option.

Selective Fast – This fast involves removing certain elements from your diet. One example of a selective fast is the “Daniel Fast,” during which you remove meat, sweets, and bread from your diet and consume water and juice for fluids and fruits and vegetables for food.

Partial Fast – This fast is sometimes called the “Jewish Fast” and involves abstaining from eating any food in the morning and afternoon. This can either correlate to specific times of the day, such as 6:00 am to 3:00 pm, or from sunup to sundown.

Soul Fast – This fast is a great option if your circumstances prevent you from fasting from food, you have health issues that prevent you from fasting food, or if you wish to refocus certain areas of your life that are out of balance. For example, you might choose to stop using social media or watching television for the duration of the fast.