

## Making Room in Advent | Week 6 - Look For Him

### Message Big Idea

We make room for God to work in our lives when we look for him and join him.

### Scripture

Luke 2:22-35

### Points and Resources from the Message

1. Advent means “coming.” It is a season of transition between what is and what will be. The characters we read about in the Christmas story were experiencing that transition. God was at work in their lives, and as we dig into their stories, we’ll find that God wants to work in our lives similarly.
2. Jesus taught his apprentices to engage in practices that would help them draw near to the Father. Fasting is one of the oldest and most prevalent spiritual practices in the Bible. Great leaders in the Bible fasted routinely, including Moses, David, Jeremiah, Isaiah, John the Baptist, Jesus, and the disciples. In Matthew 6:16, Jesus addresses fasting when he tells the disciples, “When you fast....” Notice Jesus says “when” not “if.” Jesus assumes that we will fast. Though fasting is assumed, it is not required. We don’t have to fast; we get to fast. Like all intentional spiritual practices, fasting should not be legalistic – we are not earning approval from God through fasting.
3. Several kinds of fasts can be helpful for people to see who may be new to fasting. It will help get those who have practiced fasting before to share their experiences with those new to the practice. Challenge your group to fast 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 correlate to specific times of the day, such as 6am to 3pm or from sunup to sundown.

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

### Next Steps

1. Where do you see God at work in your life right now?
2. What next steps do you feel called to take in your faith journey?
3. Have you considered getting baptized? [communitychristian.org/baptism](http://communitychristian.org/baptism)
4. What are you learning from the Community Daily? [communitychristian.org/daily](http://communitychristian.org/daily)
5. If anyone in your small group is seeking professional counseling, you can always refer them to our resource page: [communitychristian.org/mentalhealth](http://communitychristian.org/mentalhealth)