

YOU+ | Week 1 - The Flourishing Life**Message Big Idea**

The YOU+ life is a flourishing life lived as a disciple of Jesus. What is a disciple? A person who hears from God and does what he says.

Scripture

John 10:10, Luke 19:1-10

Points to Keep In Mind

1. Christian philosopher Dallas Willard once said, “Jesus came among us to show and teach the life for which we were made.” That’s what the YOU+ life is all about. As you have your conversation tonight, there may be many questions about YOU+, what a YOU+ conversation is, and what a plan might be. That’s OK. We’ll continue to talk about it, and hopefully, soon, people will be able to have a YOU+ conversation and experience it for themselves.
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 6:00 am to 3:00 pm 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
4. Have you read the Community Daily recently? How is it encouraging you and challenging you?
communitychristian.org/daily
5. See fasting resources here: communitychristian.org/21days
6. If anyone in your small group is seeking professional counseling, you can always refer them to our resource page: communitychristian.org/mentalhealth
7. Start your Pre-work and sign up to have a YOU+ Conversation by visiting: youplus.info