**Fasting: Man Does Not Live on Bread Alone**

**The Word**

Read Together Matthew 4:1-11

**The Big Idea**

Fasting is a tool we’ve been given when our hearts cry, “God we are hungry for more of you.” In fasting, we remind ourselves that God himself is the satisfaction of our deepest hungers, and we call on him to satisfy us with more of himself (whether his comfort, intervention, guidance, presence, etc.).

**Questions for Discussion**

1. When you have thought of fasting historically, what images or ideas have come to mind if any? What experience do you have with fasting?

2. For many of us, fasting is a foreign concept and practice. What idea from Sunday’s message was most helpful and informative for you regarding fasting?

3. Fasting is a way to say to God that we are hungry for more of his presence and action in our lives. For example, in Scripture we see people fasting when they are mourning, when they are confessing, when they are in desperate times, and when they need God’s guidance. As you consider your life right now, where are you hungry for more of God? Where do you long to see him work in or around your life in a fresh way?

4. In light of Sunday’s message, do you plan to experiment with a fast? If you’re comfortable sharing with the group, what do you plan to do? FYI, Jesus’ command in Matthew not to show people when you’re fasting is not an outright prohibition to people knowing when you’re fasting (since there are other times in the New Testament where people fast as a group), but rather is a warning to check our motivations when fasting.