



Use the following thoughts and questions to have one spiritual conversation. You can pick and choose, use them all or just allow the statement to be your guide. The emphasis shouldn't be about having all the answers, but simply having a conversation.

### **1. Opening Statement**

**Begin your conversation by asking about this statement:**

Fasting is a physical expression of repentance, must be done with the right motives, and must be accompanied by care and concern for others.

This statement is the biblical truth the student's study was built around. Each week there will be one statement that ties the whole study together. These would be great statements to remember together. The hope is that thoughts and ideas will stem from these statements. You can also begin by sharing a thought of your own that you learned during your study of the same lesson. Ask what thoughts were surprising as the study was taught.

### **2. Thought From the Study**

Fasting is a physical expression of our repentance and dependence upon God for sustenance and salvation. Through fasting, we can develop a hunger for God and His glory. Jesus calls us to fast with the right motives, and the prophets remind us that fasting has an outward orientation of love and mercy toward those around us.

Does fasting seem like something for a "special few" Christians or for Super Christians only? Why or why not?

### **3. Quote for Discussion**

**Discuss this quote together. How does this change your understanding of a relationship with Jesus?**

"The focus in the Christian tradition is not 'if you fast you will get,' but 'when this happens, God's people fast.' Fasting is a response to a very serious situation, not an act that gets us from a good level to a better level." — Scott McKnight

### **4. Conversation Questions**

**Use these questions to begin thinking through and applying the lessons to your family life:**

1. When was the last time our family said "no" or "not yet" to something we really wanted to have or do?
2. How does our desire for instant gratification sometimes get in the way of our relationship with Christ?
3. Is fasting something you think our family should consider doing together? Why or why not?
4. In what ways do you think fasting could help our family grow closer to one another and to Christ?