

The Week of:

Jan. 21, 2021

What's your life like?

2 Good, 1 Not So Good

- Go around the group and talk about two good things that have happened in your life this week and one not so good thing that has happened.
- **HOT TIP:** This is a good opportunity to find things to pray about in your students' lives.

What are we talking about this week?

Bible Verse

Matthew 6:5-15

Main Point of the Message

Prayer and fasting are not about performance; they're about hearing God.

Discussion Questions

- What is your favorite kind of food?
- What is the most difficult physical challenge you've ever experienced? How did you get through it?
- Have you ever heard of fasting before? Have you ever tried it?
- Do you pray? How do you do it?
- Why do you think people pray or fast?
- Do you feel like you have to perform for God or other people? Why?
- Do you have a hard time hearing God? Have you ever heard from God?
- Would you like to make prayer and fasting a more regular part of your life?

Now what?

Pray and Fast

Carve out some time this week to pray (Pause. Reflect. Ask. Yes.) and fast during one meal.