

“And when  
you fast...”

Matthew 6:16

## Home Group D-Guide

*And When You Fast...*

**ICEBREAKER:** Was there ever a time when it turned out you were right, in spite of many others who thought otherwise? Explain the situation.

**OVERVIEW:** In the Bible, when God’s people were desperate for Him to show up big on their behalf, they added fasting to their prayers. While God rewards prayer, He seems to pour out His greatest blessings when we combine prayer and fasting. This year Church Acadiana is doing a corporate fast for the health of the church and the success of the Easter Outreach. Let’s dig deeper and learn how we can make the most of this special season together.

1. Read Matthew 6:16-18. What insight, principle, or observation from this weekend’s message did you find to be the most helpful, eye-opening, or troubling? Explain. (Or what was your key takeaway from Sunday’s message?)
2. Read Mark 2:18-22. What insights and lessons can you learn about fasting from this passage?
3. Esther and the Jews fasted because they were desperate for God to move. List as many reasons as possible why you are desperate for God to make our church healthier and move in a big way on Easter Sunday.
4. As you fast for the health of the church, God will lead you to contribute to the health of the church. What are some ways that you can become a healthier church member, living and acting in a way that blesses your church family?

5. Just as lost people matter to God and He sacrificed everything to rescue them, at Church Acadiana we want to reach the lost at any cost. Evangelism is our top priority. We want to always be aggressively and sacrificially doing all that we can to reach more people who are far from God. What are some ways that you need to grow in personal evangelism?
6. Make a list of the people you can invite to church on Easter. What are some creative ways to extend an invitation?
7. When you fast it is important to avoid doing it for applause and admiration. What are some ways that you can guard against this dangerous temptation?
8. When you fast, why is it vital to repent of all sin? What are some changes that God might be leading you to make to be more holy and glorifying to Him?
9. Read Ephesians 4:21-32. Ask the Lord to bring to mind anything that He wants to change in your life and then write it down.

**The Last Word:** When you are desperate for God to move, add fasting to your prayers. Consider participating in the corporate fast for the health of the church and the success of the Easter Outreach. Fast one day a week, beginning the week of Mardi Gras, and ending the week before Easter.