

# NOTES

AUGUST 7 & 8, 2021 | COURTNEY WILSON

## FASTING AND FEASTING

LUKE 5:33-35

Fasting expresses our \_\_\_\_\_

Reasons for fasting:

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Feasting experiences God's \_\_\_\_\_

Ways we feast:

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## DISCUSSION QUESTIONS

FOR FAMILY, FRIENDS & GROUPS

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- 1) If you could eat one food for the rest of your life, what would it be?
- 2) Read Luke 5:33-35. Identify some differences between John's disciples, the Pharisees, and Jesus' disciples. What do we learn about Jesus from his response?
- 3) Explain the idea of "Already - Not Yet." How do you experience some aspects of salvation now, and what will we experience in the future? What do you long for, and what do you currently experience joy in, in terms of God's Kingdom?
- 4) What has been your experience with fasting? What has been your motivation?
- 5) How could you include a rhythm of fasting in your life?
- 6) How have you experienced Biblical feasting? How could this rhythm enrich your spiritual life?
- 7) How could you include rhythms of feasting in your life?