

Spiritual Rhythms Matthew 6:16-18 2021 Winter Toolkit #1

Logistics

Group Registration is this weekend and next weekend. If you are welcoming new folks – please wait to kick off and include them the week of the 24th.

My Story

Respond briefly to 2 of the 3 questions below.

- Describe a word or theme you have for the year, or a goal, or ambition you would love to see come about in 2021.
 - What are you thankful for in this past week?
 - Where did you see or sense God working in or around you this week?
1. 1 Samuel 7:3-11, Ezra 8:21-23, Nehemiah 1:3-11; Isaiah 58, Acts 13:1-3. What do you learn about fasting?
 2. What do we learn from Jesus about fasting in Matthew 6:16-18?
 3. Is 'spiritual' fasting (going without to honor and experience God) a regular part of your walk with God?
 - What have you learned about God or yourself through your experience of fasting?
 - What resulted from your last fast?
 - Calendar a date and time period for your next fast.
 4. Describe your experiences with 'spiritual' solitude or silence (going without to honor and experience God).
 5. Luke 4:1-15. How did fasting, silence, and solitude prepare Jesus for battle? How have you experienced this? How will you experiment with solitude & silence?

Action & Prayer

1. How is the Lord calling you to experiment with fasting, silence or solitude? How will you obey?
2. How can the group pray for you?

Sermon Title: Going Without | Matthew 6:16-18

Going without helps me pursue Christ within.

Jesus assumes some rhythms.

"And when you fast..."

We think of the horizontal, Jesus calls us to the vertical.

Three rhythms of going without: Solitude, Silence, Fasting

Next Steps:

Prayerfully experiment with going without. Practice these rhythms with others at Quiet Waters.