

SOUL DETOX – FOOD FAST

ABOUT THIS WEEK

This week your group will wrap up the *Soul Detox* series with a conversation about how to draw closer to God through a food fast.

ITEMS NEEDED

- Prayer Journal Bibles Pens

CHECKLIST BEFORE YOUR GROUP ARRIVES

- Pray for the group Print Discussion Guide Refreshments (optional)
 Clean meeting area Clean bathroom Crack open front door

OPENING (5-7 MIN)

Briefly welcome everyone and say: Before we get into today's discussion, let's revisit last week!

HOW HARD WAS THE SOCIAL MEDIA FAST FOR YOU?

WHAT BENEFITS DID YOU NOTICE FROM THE FAST AND THE GRATITUDE CHALLENGE?

After a discussion, say: Well, however last week went for you, this week is a new and challenging fast as we wrap up our *Soul Detox* series.

OPENING PRAYER (1 MIN)

Say: Before we get into all of that, can someone start us off with a brief prayer for our time together?

STOP EATING FOOD (SECTION TIME IN MIN)

After the prayer say: This week we are going to start a food fast. And while there are a lot of similarities to other types of fasts, a Christian food fast is different.

Before we get into the details though, we need a disclaimer. If you have a low BMI, or low blood sugar, or a history of eating disorders, or if you are under 18, you should not do a food fast. If you are over 70, or if you have any questions about if you should fast, please consult with your doctor. If this is you, you can still take part in what we're starting during the food fast, you'll just do it while we eat.

Having said all that, let's just read a few verses outlining some of the reasons God's people fasted in Scripture and then we'll make some applications.

I'LL ASSIGN YOU A VERSE, READ IT ALOUD FOR US, AND LET'S SEE IF WE CAN FIND THE REASON FOR THE FAST.

JOEL 2:12

DANIEL 10:2-3

EZRA 8:21-23

ACTS 13:1-3

EXODUS 34:27-29

ESTHER 4:16

Say: We see fasting is a means of from something AND fasting for something. For instance, we fast from sin as confession for holiness, we fast from confusion as submission for clarity, or we fast from loss as grief for connection.

WHAT MIGHT BE A REASON WHY YOU WOULD DO A FOOD FAST?

Say: As a reminder, like the other weeks of the series, this is customizable—you can do a food fast for part of a day, an entire day, or for several days. You could also fast from snacks, a meal, or meals.

HOW WILL YOU (OR DID YOU) CUSTOMIZE THE FOOD FAST?

ON A SCALE OF 1 TO 10, WITH 1 BEING “EXTREMELY EASY” AND 10 BEING “EXTREMELY CHALLENGING”, HOW DIFFICULT WILL THE FOOD FAST BE FOR YOU?

START A TIME WITH GOD (SECTION TIME IN MIN)

Say: Every week of our *Soul Detox* series we aren't just stopping something, we're starting something. And for this week, we're following the Biblical example and spending time with God while we fast from food.

HOW WILL YOU SPEND INTENTIONAL, FOCUSED TIME WITH GOD DURING YOUR FOOD FAST?

GOSPEL REMINDER (1 MIN)

After a discussion, say: Just a reminder as we start our food fast—more than what we do for God, fasting remembers what God has done for us. So, remember that Christ, by his death and resurrection is the bread of life. As he said in John 6:35, “I am the bread of life. Whoever comes to me will never go hungry, and whoever believes in me will never be thirsty.”

May you savor the bread of life this week on your food fast.

ANNOUNCEMENTS TO SHARE (2-3 MIN)

Say: Before we get to our prayer requests, just a few quick announcements—

- Sunday, March 24th we will have Palm Sunday Worship
- Thursday, March 28th at 6:30 PM we will have Maundy Thursday worship with communion at 6:30
- Beginning Thursday evening, March 28th, we will begin a 24-Hour Prayer Vigil until Friday evening, March 29th
- Speaking of Friday, on March 29th at 6:30 PM we have our Good Friday service.

- Followed by Saturday, March 30th from 10:00 until 12:00 is "Easter Eggstravaganza" for kids
- THEN FINALLY, Sunday, March 3ST WE have Easter Worship services at 7:00 (Sunrise service), 8:15, 9:30, and 10:45!

CLOSING PRAYER (5-7 MIN)

Say: Let's close in prayer. *Please write the group's prayer requests in your group prayer journal.*

ARE THERE ANY OTHER PRAYER REQUESTS TODAY?

After prayer requests have been taken, ask if someone would like to close the group in prayer. If not, Host, close the group in prayer.