

## Grand Valley Christian Centre -Life Group Study Guide

***“And they devoted themselves to the apostles’ teaching and the fellowship, to the breaking of bread and the prayers.” Acts 2:42***

**Date:** November 22nd, 2020      **Speaker:** Pastor Dunstan Gomes

**Topic: Fasting God Approves**

**Big Idea:** Fasting is a spiritual discipline that was practised by Jesus, his disciples, the early church and many men and women that God uses to usher in his kingdom work in our world. This discipline communicates an urgency for God to meet our needs, in which He responds by transforming our character, behaviour and then condition. It should be no surprise that prayer that adds fasting brings change.

**Application:** As Christians today, we should:

- Be ready to Fast!
- Be ready for God to transform our character (unbridle sin in our lives), our behaviour (meet the needs of others by sharing what God has given to us) and our condition (bear fruit that reflects God's glory)!
- Be Ready for answered prayers. When we call on God with this in mind, He comes because the one calling on him has prioritized Him first. It is to say to GOD there is nothing you can't touch, and there is nothing you can't do!

**Read: Isaiah 58:6-9a ESV**

"Is not this the fast that I choose: to loose the bonds of wickedness, to undo the straps of the yoke, to let the oppressed[a] go free, and to break every yoke? Is it not to share your bread with the hungry and bring the homeless poor into your house; when you see the naked, to cover him, and not to hide yourself from your own flesh? Then shall your light break forth like the dawn, and your healing shall spring up speedily; your righteousness shall go before you; the glory of the Lord shall be your rear guard. Then you shall call, and the Lord will answer, you shall cry, and he will say, 'Here I am.'

**Discussion Questions:**

1. Read Isaiah 58:1-5 and discuss the problem between God and His people, elaborate.
2. According to Isaiah 58:6-9a, in your own words, what does God desire to do when we add fasting to our prayers. Are there any similarities or differences to our current expectations of fasting?
3. Are there any personal insights you have from Sunday's message?
4. What is one thing you want to see change in your life as a result of this study?