



VALLEY REAL LIFE

Devoted: Fast and Pray

Last Week

How did you apply last week's lesson about being loved by God? Who did you share the lesson with?

Opener

When you are going through something and seeking God for help, what are some things you do?

Questions

Is there a difference having the mindset of "fasting from" something and "fasting for" something?

Why do you think fasting and praying work so well together? Have you ever tried doing both and if so, what were the results?

Steve stated in his lesson that one of the purposes of this series is to "transform from a church who prays to a praying church." What do you think this means?

Have you ever participated in Lent? Have you thought about what you're willing to abstain from during Lent?

Bonus Points: How can you incorporate the prayer journal from church?

Scripture Discovery:

Have yourself, another group member, or all group members read the following Scripture out loud.

Isaiah 58:1-14 (NLT)

- What does this passage tell us about God?
- What does this passage tell us about people?
- How do you need to apply this passage to your life?
- And who are you going to tell?

Pray