

In week 2 of Go Bananas we see that fasting was an important part of the church's decision to send Saul and Barnabas out to preach the gospel. Fasting is a fantastic spiritual technique we can use to create a mentality of focused prayer. In this study, we will discuss the practice of fasting and how it enables us to hear from God. *This study is intentionally brief to encourage a focused time of reflection and prayer.*

### What Do You Think?

- What has been your past experience with fasting? Are you just learning about it; or have you been doing it for years?

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“While they were worshipping the Lord and fasting, the Holy Spirit said, “Set apart for me Barnabas and Saul for the work to which I have called them.” Acts 13:2 (ESV)

### What Does God Say?

- Biblical fasts were typically abstaining from food. **Read Matthew 4:1-2.** However, people in our culture often talk about fasting things other than food. What are some of these things? Do they work? Compare and contrast them with fasting from food.

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And the tempter came and said to him, “If you are the Son of God, command these stones to become loaves of bread.” But he answered, “It is written, ‘Man shall not live by bread alone, but by every word that comes from the mouth of God.’” Matt. 4:1-4 (ESV)

- Fasting produces focus. **Read Matthew 4:3-4.** What are some of the distractions that fasting helps you set aside to focus on the word of God? Also, what distractions might fasting *create*?
- We do not refrain from eating simply to say we did it; we fast for a purpose. **Read Isaiah 58:3-12.** What are some of the results of fasting you see in this passage?

## What Will You Do?

- What do you need to do to make fasting a regular part of your experience with God? Share with the group if you have a plan.
- Take a few minutes *individually* to write down answers to the following questions and pray over them:
  - How would I like God to give me an open door? With a person, organization, school, etc... Pray specifically that God gives you that open door.
  - If you had one minute to share your story with someone, tell them about Christ, and/or invite them to church, what would you say?
- Pray together as a group for focus and specifically for boldness. Members of the group are welcome and encouraged to pray for the items written above.

**If you or your group would like to serve through Go Bananas, get connected here:**

[www.covechurch.org/gobananas](http://www.covechurch.org/gobananas).