

Discussion Guide

Series: Prep Time, Wk1: Fasting

February 22, 2026



Big Idea

Biblical fasting refers to intentionally going without food in order to draw close to God.



Icebreaker

What was the most daunting, or significant, meal you have ever prepared? Who are the most significant guests you have hosted? Why were these such?



Discussion Questions

1. Read **1 Thessalonians 3:12-13**. The sermon compares Lent to preparing for a special dinner guest. How does intentional preparation shape our experience of something meaningful? In what ways might we intentionally utilize Lent to prepare our hearts to experience Easter more deeply?
2. Read **Mark 2:18-20**. What are the three different “groups” referred to in this set of passages? What is the question posed to Jesus and why is it posed? What is Jesus communicating in His response to this question and what does it mean for us today?
3. Read **Matthew 6:16-18**. What is significant about this set of passages saying “when” and not “if”, when it comes to fasting? What is your response to that, personally? Do you have a fasting experience to share that drew you, as intended, closer to God?
4. In that last reading, what does Jesus warn against when it comes to the practice of fasting? What does this indicate to us as being the purpose of this spiritual practice? Who does it indicate to us that is to be the focus of this practice? What are some of the enemies against us keeping such purpose & focus? How may you combat such enemies?
5. Read **Mark 2:21-22**. What point is Jesus trying to make in these passages? In what way, through this teaching, is Jesus describing Himself and the covenant with God that He is ushering in? What implications does understanding this have? What difference does this make (or has this made) in your understanding of faith in God and the practice of it? In other words, what "old" mindsets (i.e. rituals for ritual sake, assumptions about God, etc.) did you need to give up/put to rest, or do you need to give up/put to rest to embrace Jesus' message regarding this?
6. How does understanding salvation by grace through faith (rather than works) change the way we approach spiritual disciplines like fasting?



Concluding Question

The sermon encourages finding a rhythm of fasting and pairing it with prayer and generosity. What is one specific, realistic step you could take this Lenten season to practice fasting in a way that deepens your dependence on Christ and love for others? Also, consider reviewing/discussing the *Beginner's Guide to Fasting for Lent* that was made available on Sunday at church and make a plan to do engage in such if appropriate.



Prayer

Several individuals across our Campuses are stepping into the Begin Class this weekend. Spend some time praying for them & the facilitators...that the Lord would use this time to build strong relationships with His people.