****C3 Questions

*C3 exists to glorify God and edify the body by knowing and delighting in the Father through the joy and love of the Spirit and unity in the Son.*

Got Milk?

What is your first reaction to the thought of fasting and why:

* + ugh
	+ miserable
	+ you've got to be kidding
	+ starving
	+ that's only for saints
	+ for the joy
	+ freedom

Where’s the Beef?

Read Matt 6:16-18. Jesus describes two types of people who fast in this passage.

Describe the first type of person.

What is the reward they are promised?

Does this mean no one should ever know when we fast? Why or why not?

Now describe the second type of person.

What is the reward they are promised? (hint read V29-21)

Are You Satisfied?

One author said "Fasting is feasting." How does giving up physical food result in spiritual fullness? (Matt 4:4)

Have you ever fasted before? If so, why and how did you experience God through that fasting?

Bonus Questions: Since your C3 group last met:

Why is the most thrilling thing you have done?

What was the best Christmas present you received?

And in what specific way have you most enjoyed God?