****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.*

Red Text = Tips and guides to help use the questions

Blue Text = Sample Answers

Green Text = Additional questions to ask

Got Milk?

During your time fasting, has your focus been more on what you are giving up and the effects of that? Or has your focus been on actively getting more of God?

* Try to draw out your people on what they have been focusing on during the fast and help them figure out how to focus more intentionally on God.

How can you intentionally fill the holes created by what you are giving up with gaining more of God?

* This question is designed to expand how we can actively get more of God in fasting. Try to get practical.

Identify some of the secondary benefits that you are fasting for or that you have experienced in fasting. How can you avoid elevating these to primary benefits in your mind?

* + The main way to avoid elevating any good things to the level of idols is to remind ourselves that they are gifts from a Giver. When we recognize the Giver as the Source it helps us prevent idolizing the gifts in fasting or in anything else.

Where’s the Beef?

In the message, we talked about enjoying the flavor (personality) of God in His word. Feast on Psalm 136 and write down all the different tastes you get of God in that song.

* The main theme of this psalm is the praiseworthiness of God based on His loyal love, sovereign authority, and faithful provision. Each person will be draw to different tastes of God in this passage but they should center on those themes.
* How does this Psalm help unpack the song of the battle choir in 2 Chronicles 20:21?

If praise is the expression of joy or satisfaction. Describe all the ways this song expresses the Psalmists delight and satisfaction in God.

* There are several ways the Psalmist expresses satisfaction in this Psalm. Here are a few...
	+ Most clearly is the expression of the Psalmists joy in the loyal love in God repeated every other line in this psalm. God's *hesed* love is at the core of His holy nature. You can almost hear this Psalmist quoting Ps 86:3 "Your loyal love is better than life."
	+ V1 - By saying "God is good," the Psalmists acknowledges God's desirable nature and reality that God is a proper pleasure to be enjoyed.
	+ V4-9 - Expresses a satisfaction in God's works and deeds, calling them magnificent
	+ V10-11 expresses satisfaction in God's past faithfulness and provision for His people.
	+ V17-19 expresses satisfaction in God's sovereign control over nations and kings
	+ V25 expresses satisfaction in God's provision and sustaining power for all life

Are You Satisfied?

Share with your group the "sighs of satisfaction" (praise) that have come from your time feasting on God in this fast.