****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?

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?

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

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?

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.

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

Are You Satisfied?

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