****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 our time of fasting, we have talked a lot about the secondary benefits and the Best benefits of fasting. Write down some of the secondary benefits you've experienced in your fast and write down some of the Best benefits you've experienced with God.

Where’s the Beef?

Isaiah 58 talks about the fast that pleases God; in other words, the fast that brings God pleasure. If we love God, what should our attitude be towards what pleases God and brings Him pleasure? How should that attitude help motivate our behavior?

Isaiah 58 says the test of fasting that pleases God is whether it overflows into loving acts and fruit-bearing. Read the following passages, observe how they support the test of Isaiah 58 and how they add to it.

John 15:5-8

John 14:15

1 John 2:3-11

John 7:37-39

Examine your own fast based on the tests above. Do you think it was pleasing to God? How can you do better in your future fasts?

Are You Satisfied?

Will you make fasting a regular discipline in your life? How exactly do you plan to do that?