****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?

If you have been fasting, share with your group how you have experienced God through this fast.

What has been the hardest part of fasting?

What has been the best part?

Where’s the Beef?

Read 2 Chronicles 20:1-30. This passage tells how Judah was attacked by enemies and King Jehoshaphat called for a time of fasting to seek the Lord. Why did Jehoshaphat call for a fast? Identify the situation and the motivation for fasting in v1-4.

How can this affect your view of fearful or uncertain situations?

In v5-12, Jehoshaphat's prayer of fasting is recorded. What is the primary focus of this prayer?

Does that match your focus in praying? Why or why not?

From the whole story (v1-30), observe and write down as many results of fasting as you can.

How does this motivate you to fast and pray?

Are You Satisfied?

Thinking about Sunday's message, how has studying the fasting of Jesus helped you to see and love Christ in a new way?