



PRAYER & FASTING

Title: FASTING FOR INTIMACY

Main Scripture: Matthew 6:16-18

Where does our craving for acceptance come from?

True acceptance is available through Jesus!

Embrace the rewards of intimacy with Father God.

We are being formed by something – let's choose to be formed by intimacy with our Father God.

(Rom 8:12-17, Gal 4:5-7)

What might be keeping you from intimacy with God the Father?

Prayer of Reflection

Search me, O Father God, and show me
where I have wandered away from You.

Show me the choices, fears and needs within my soul
that I have tried to meet on my own.

I confess my barriers to relationship with You
and the ways that I have created masks
and aimed to please people instead of You, Father God.

Please help me, Father God.

Prayer of Invitation

In Jesus' name, I want You to come even closer to me, Abba Father.

Please show me my adoption as Your child;
reveal to me the love You have for me
through Your actions, allegiance and affections for me.

Father God, I seek the rewards of relationship
and intimacy with You. Please speak to me and show me
the glorious riches that are mine through Christ Jesus the Lord.

Lead me, Father God, as Your beloved child, so that I may
know You more fully and experience You more deeply.

Make us a people who live intimately with You, Father God,
in Jesus' name. Amen.

The Small Group Sermon Study

Opening Prayer: Father, in Jesus' name, through the Holy Spirit, come and speak to us, teach us and transform us as we read, discuss and reflect on Your word.

Read the key passage(s) of Scripture from the message and review the points from the sermon notes, then answer the following questions:

1. What did you like or appreciate about this message? What was new or surprising to you?
2. What do we learn from this passage and message about God (Father, Jesus, Holy Spirit)? What do we learn about who He is, how He feels, what actions He takes, etc.?
3. What does this passage tell us about responding to God? What does living by faith look like in this passage?
4. What don't you understand or what other questions does this passage/sermon make you ponder?
5. What challenges are being brought to light in this sermon/passage? Are there any obstacles to which you can relate?
6. What attitudes, emotions, behaviors, or ideas are being exposed? How do they line up with what we know about God's character and His word?

Personal Reflection:

Silently re-read the key Scripture(s) from the message, asking the Holy Spirit to speak to you.

- What do you need to surrender to Jesus? How will you respond to what God is showing you?
- What verse, phrase or word do you need to take with you this week? How will you act on what you've heard?

Prayer: Spend time praying for one another (that we would grow in our love for God and others, that we would be transformed by what God has revealed, that we would be alert and obedient to God, etc.).