



Group Lesson

Prayer & Fasting

July 19, 2015

Get a great job, have lots of money, being independent, power, certainty – that's how we define success. What if you could cheat the system? Jesus taught us everything we need to know about living life to the fullest. God wants the best for your life. Find out how to get it.

Read Matthew 6:5-18. Refer back to this passage throughout this lesson.

What has your experience been with prayer? What is your prayer life like (i.e. how you pray, how often, about what)? Would you say your prayers are always with the right motives? Explain. What is one thing in the prayer Jesus gave as an example (verses 9-13) that speaks to you most? Why?

What has your experience been with fasting? What has been most difficult about fasting in the past? Share how God has shown up in your life during or after a fast.

Discuss the goal of reconciliation versus absence of conflict. Share how you have experienced God's forgiveness in your life. Share the power of forgiveness you have given someone else. Share about someone who needs your forgiveness today.

Growing means changing. What things may need to change in how you pray, fast, and forgive as a result of Jesus' teaching? What are three action steps you can take as a result of this study? How can you achieve them? How can the group help?

Pray. Take time as individuals and a group to seek God with all your heart. Pray for God to help you see your motives and make them pure in every situation. Ask for strength to follow through with the actions steps you have chosen.

Note: If you aren't in a community group, let us know you want to take that next step. Email us at NextSteps@communitychurch.info. Group is not about a meeting, but instead people coming together to build relationships with each other and Jesus while they do this thing called life. No matter where you find yourself in life, there is a group that is right for you, and we'll help you find it.