

Rooted Week 8

Imagine you are granted one wish for anything (aside from unlimited wishes), what would it be?

Read Psalm 63:1-8

The beginning of the Psalm says David is the author. Using these eight verses, how would you characterize David's relationship with God?

Read Philippians 3:7-8

Even though fasting is not mentioned in these verses, what do they teach us about someone's heart as they consider fasting?

Why is it important to remember Christian liberty when it comes to a discipline like fasting?

What are some indicators in our life that we are becoming spiritually dull and need to fast?

How can the ordinary things of life keep us from enjoying God and hearing His voice?

The Bible does not give much detailed information about what to do during a fast, but what other spiritual disciplines could be helpful during a fast?

What spiritual benefits does the Christian gain from fasting?

Aside from food, what other things in your life could you fast from? Specifically, what is the one thing you feel like you could not live without?