



Week: 1 – Fasting & Prayer

Date: Feb. 28, 2021

Scripture: Isaiah 58:4-10, 13-14

Big Idea: Fasting is more than skipping a meal or avoiding sweets for a season. True fasting involves obedience, justice, self-denial, and drawing close to God in prayer. Through fasting and prayer, we connect with God and open our lives to receive his whole blessing.

Video:

Preparation: Mom and/or dad, take time to prepare well for this spiritual experience with your son or daughter and perhaps their friends. Proper preparation includes reading through this guide, setting up a comfortable environment, preparing the videos, materials (*everyone will need a Bible, pen and notebook/journal*) and snacks, and prayer. It also includes giving your participants time to prepare as well. Let them know in advance what you want to do and then remind them a few minutes before your start time so that they are ready too.

Interactive game / activity

- **In-Person, Online & @Home:** [Tik Tok Tussle](#)
 - Watching this [VIDEO](#) students will watch 2 videos from Tik Tok and guess which one has the most views in the app. The person who guesses which video has more views wins the round!

Activity Debrief: (This would be a good time to pass out snacks)

- What is the funniest Tik Tok video (or YouTube video) you have seen? How much time do you think you spend on Tik Tok (or social media) in a week?

Video Teaching: Habitudes – Fasting and Prayer

"We all probably spend too much time on Tik Tok or social media. I bet if we are being honest there are a lot of bad habits that we have gotten used to in our lives. What would it look like for us to create some new habits that would help us change our attitude? Today we are starting a new series called Habitudes. The truth is God is everywhere and He is always at work, but if we want to experience His presence, we must also join him in his work. The "work" that God calls us to are things called "Spiritual Disciplines." These require us to devote our time, talents, and treasures to God and His great mission for the world. These Habitudes are spiritual habits that shape our attitudes, and when we join in with God by doing this work, we experience all the blessings of God's presence and provision.

Play the video



Ice Breakers:

- What is a bad habit you have?
- What are some good habits you have?

Discussion Starters:

- Why is it hard sometimes to create and maintain good habits in our life?
- Why do you think bad habits effect our attitude so much? Why is it easy at times to get “sucked in” to bad habits (like excessive social media)?

Scripture: Read Luke 4:1-13 as a group and consider the questions below.

¹And Jesus, full of the Holy Spirit, returned from the Jordan and was led by the Spirit in the wilderness ²for forty days, being tempted by the devil. And he ate nothing during those days. And when they were ended, he was hungry. ³The devil said to him, “If you are the Son of God, command this stone to become bread.” ⁴And Jesus answered him, “It is written, ‘Man shall not live by bread alone.’” ⁵And the devil took him up and showed him all the kingdoms of the world in a moment of time, ⁶and said to him, “To you I will give all this authority and their glory, for it has been delivered to me, and I give it to whom I will. ⁷If you, then, will worship me, it will all be yours.” ⁸And Jesus answered him, “It is written, “You shall worship the Lord your God, and him only shall you serve.”” ⁹And he took him to Jerusalem and set him on the pinnacle of the temple and said to him, “If you are the Son of God, throw yourself down from here, ¹⁰for it is written, “He will command his angels concerning you, to guard you, ¹¹and “On their hands they will bear you up, lest you strike your foot against a stone.”” ¹²And Jesus answered him, “It is said, ‘You shall not put the Lord your God to the test.’” ¹³And when the devil had ended every temptation, he departed from him until an opportune time.

Digging Deeper:

- What spiritual disciplines do we see Jesus turn to in this passage? (*Jesus fasted and prayed in the wilderness in verse 2*) Why is it important that Jesus modeled for us spiritual disciplines?
- Why do you think it is significant that just before the temptation of Jesus, Jesus was modeling for us spiritual disciplines? How did the “Habitudes” Jesus did before Satan tempted Him help Jesus?
- How does Jesus choose to shape His attitude in this passage? Does He let His hunger control Him, or does He rely on something else to shape His attitude? What does He rely on?



Application:

- What are some things that keep you from doing spiritual disciplines, which is the work God has called us to do?
- Have you ever fasted before? Why or why not? Why do you think many don't fast in our culture?
- Why do you think many have a hard time praying? Do you think it could be because we struggle to know HOW to pray?
 - Talk through P.R.A.Y. tool to teach students one way to pray.
 - P – Praise. Begin by telling God all the things you are thankful for, big and small.
 - R – Repent. Confess to God where you have disobeyed Him, be specific and honest.
 - A – Ask. Ask God to give you the strength to repent (turn away from) of the ways you have disobeyed God. Ask God for His help in specific areas of your life, bring your requests / list to God.
 - Y – Yield. Take time to quiet your mind and heart to listen for God's still, small voice.

Closing activity & prayer: choose 1 of the following options to close your time together.

- SINGING: Sing [From The Inside Out](https://www.youtube.com/watch?v=4Ke37l7lpBs) by Hillsong Worship
(<https://www.youtube.com/watch?v=4Ke37l7lpBs>)
- JOURNALING: Take some time and be honest with yourself in reflection. What are a couple bad habits you have developed? What are some good habits you need to develop again? Write these down, and then write out a prayer asking God to help you have His strength to do His work of spiritual disciplines.
- SCRIPTURE: Meditate on, memorize, and make this verse your prayer: Psalm 145:18
 - *"The Lord is near to all who call on Him, to all who call on Him in truth."*
- PRAYING: Close your group time in prayer for one another. Share prayer requests and assign partners to pray for one another throughout the week.