

LENTEN SHARING GROUP

SESSION TWO: Fasting

Coffee and chat.

Opening Prayer: *Lord Jesus, where two or three are gathered in your name you are present in their midst. Be with us as we gather to grow in closeness to you and each other. Give us open and trusting hearts. Help us surrender to your Holy Spirit and be transformed by his liberating power. We want to be your true disciples. Be with us as we grow. AMEN.*

Introduction: Today we will discuss fasting, the second of the traditional Lenten practices. Giving up enjoyable things and activities is of particular importance in a consumer culture like our own. It helps to break our dependence on “nice things” and reminds us that God provides for all our needs. It also teaches us self-discipline which is essential for personal growth.

Scripture: Mathew 6

Whenever you fast, do not look dismal, like the hypocrites, for they disfigure their faces so as to show others that they are fasting. Truly I tell you, they have received their reward. But when you fast, put oil on your head and wash your face, so that your fasting may be seen not by others but by your Father who is in secret; and your Father who sees in secret will reward you. (Read this passage a second time with a different reader.)

Sharing:

1. What is your present practice of fasting? What do you fast from and when?
2. What is the point of fasting? How can fasting benefit your spiritual life?

Scripture: Joel 2

Return to me with all your heart, with fasting, with weeping, and with mourning; rend your hearts and not your clothing. (Read this passage a second time with a different reader.)

1. How could you make fasting a more consistent part of your life?

Spontaneous Intercessions

“We pray to the Lord.” “Lord hear our prayer”

Our Father

Closing Prayer: *“How good and how pleasant it is when Christians dwell in unity.” Heavenly Father, we thank you for our time together, for our sharing and the challenges you have set into our hearts. Give us patience and perseverance in our spiritual journey and refashion us in the image of Jesus your son. We ask this through that same Christ our Lord. AMEN.*