

CG Guide: Prepare the Way - The Call to Fasting

1. When you're physically tired, hungry, or worn down, what kinds of temptations tend to show up most strongly for you? Have you tried fasting?
-

2. Read Matthew 4:1-11. Jesus is led by the Spirit into the wilderness before the temptation begins. What does this passage teach us about following God when obedience leads into difficulty rather than comfort?
 3. Read Hebrew 4:15-16. Because Jesus understands our weaknesses and invites us to approach God's throne with confidence, what is one struggle, fear, or area of temptation where you tend to hold back—and what would it look like to bring that honestly before Him this week?
 4. Read Galatians 5:16-17. The book of Galatians describes an ongoing tension between the desires of the flesh and the leading of the Spirit. Where do you most clearly experience that tension in your daily life, and what practical step could help you choose to "walk by the Spirit" this week?
 5. Read Romans 1:25. Romans 1:25 talks about exchanging the truth of God for a lie and worshiping created things rather than the Creator. What are some subtle ways this exchange can happen in our lives today, and how can we intentionally re-center our worship of God this week?
-

Application: What is your next step? - What do you need to let go to follow God? What will you give up for lent?