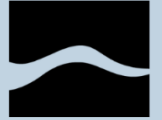


# SERMON NOTES

## TELL ME WHY HIS DISCIPLES DIDN'T FAST

Mark 2:18-22



BIG IDEA: Jesus brings new life that can't be squeezed into old religious expectations.

# APPLICATION GUIDE

MAY 4, 2024

## DISCUSS

What's a routine or tradition you've had that didn't work when something in your life changed?

What's the tone or intent behind the question asked in Mark 2:18—genuine curiosity, confusion, or criticism?

Why does Jesus describe Himself as the bridegroom, and how would that have sounded to first-century Jewish listeners?

What do the two analogies (cloth and wineskins) reveal about Jesus' relationship to traditional religious practices?

## APPLY

What "old wineskins" (habits, traditions, beliefs) might Jesus be calling you to release?

How can joy in Jesus reshape your approach to prayer, fasting, or Bible reading?

Are there ways you've treated Jesus as someone to enhance your life, rather than transform it?

Where are you tempted to go back to law-keeping, ritual, or performance to feel accepted?

How does Jesus being the Bridegroom change how you see your relationship with Him?

## COMMIT

This week, ask God to reveal one area of your life where you're still operating with old expectations—and invite Him to reshape it by His grace. Consider taking a short fast—not to impress God, but to say with your body: "Lord, I need You more than anything else."

Further Study:

How does Isaiah 58 challenge the way people fasted and how does that connect to Jesus' teaching in Mark 2?

What principles can we learn from Jesus' teaching in Matthew 6:16–18 about how to fast in a way that pleases God rather than people?