

Table Talk

GO FOR GOLD PART 1

Discussion questions and conversation starters based on this weekend's sermon!

1. When you hear the words prayer and fasting, what emotions or thoughts immediately come to mind?
2. Be honest — what's harder for you: fasting food or fasting your phone?
3. Why do you think prayer is often the first thing we talk about but the last thing we practice?
4. If prayer showed up on your screen time report, would it be impressive or humbling?
5. How would you explain fasting to someone who has never done it before?
6. What's your go-to distraction when you meant to pray?
7. How does fasting help us depend on God instead of ourselves?
8. If fasting exposed what you rely on most, what would it reveal?
9. Have you ever experienced clarity, peace, or breakthrough through prayer?
10. If prayer were a muscle, would yours be sore... or unused?