

## In His Steps: Practicing the Way – Week 5 Small Group Questions

### Opening Prayer

### Ice Breaker

1. Jeff talked about Super Bowl food statistics. If you had to give something up for a season, what would honestly be the hardest—food, sugar, caffeine, social media, or streaming?
2. When you hear the word fasting, what's your first reaction—curiosity, resistance, confusion, or guilt?

### Discuss

#### *Main Scriptures: Daniel 9:1-23*

1. Pastor Jeff said fasting helps us stop confusing what is *temporary* with what is *ultimate*. What are some temporary things that easily take on ultimate importance in our lives?
2. Fasting is described as abstaining from something to pursue God. Why do you think abstaining can help us see what we depend on most?
3. Pastor Jeff said fasting is one of the most powerful—and least practiced—ways of Jesus. Why do you think fasting is so often avoided today?
4. Daniel 9:1–4 shows Daniel responding to Scripture with fasting and prayer. What does this reveal about how God's Word is meant to shape our actions?
5. Daniel 9:5–11 is a prayer of confession. How is confession different from simply feeling guilty or sorry?
6. The sermon emphasized that God Himself—not answers—is the greatest gift of fasting. Why is that a hard truth to embrace?

### Practice

Select one meaningful thing to fast from during Lent (food, sugar, media, etc.). When you find yourself thinking about what you are fasting from take a moment to pray.