

Questions for Conversations

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Why might God be inviting you into a fast? Think about the many reasons.

Even though Rob did not address it directly, why do you think there is a connection between fasting and intimacy?

What might God be asking you to fast from?

How will you remember the experience?

With whom will you share the experience? When?

Spend time thinking about and thanking Christ for all of his fasts.

Share and Prayer