

## NOTES & QUOTES

# THE QUESTION ABOUT FASTING.

<sup>o</sup> 33 And they said to him, "The disciples of John fast often and offer prayers, and the disciples of the Pharisees do the same; but yours eat and drink." 34 \* Jesus answered them, "Can you make the wedding guests \* fast while the bridegroom is with them, then they fast in those days." 36 \* And he also told them a parable. "No one can patch an old cloak with a piece of new cloth, for the piece from the new cloth will tear away from the old cloak, and the water that is poured into the skins will burst the skins, and it will be spilled, and the skins will be ruined. 38 Rather, new wine must be poured into fresh wineskins. No one who has been drinking old wine desires new, for he would say, 'I am full, and I am not hungry, for I have drunk good wine.'"

o. [5:33-39] Mt 9:14-17; Mk 2:18-22.  
\* [5:34-35] See notes on Mt 9:15 and Mk 2:19.  
\* [5:34] Wedding guests: literally, "sons of the bridal chamber."  
\* [5:36-39] See notes on Mt 9:16-17 and Mk 2:19.  
\* [5:39] The old is good; this saying is meant to be ironic and offers an explanation for the rejection by some of the new wine that Jesus offers: satisfaction with old forms will prevent one from sampling the new.

### DID YOU MISS SUNDAY'S SERVICE?

You can watch all past messages on our YouTube channel [www.youtube.com/@thisiscompass](http://www.youtube.com/@thisiscompass) or you can listen to our podcast at [www.thisiscompass.com/podcast](http://www.thisiscompass.com/podcast).

FEBRUARY 5



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## CONNECT (BUILD RELATIONSHIPS)

1. When you hear the word “fasting” what comes to mind? Is your response positive or negative? Why?
2. How does Biblical fasting differ from dieting, cleansing, or fasting for health reasons?
3. What has your experience with fasting been? Why have you or haven't you fasted in the past?

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## THRIVE (EXPLORE BIBLICAL TRUTH)

4. Read Matthew 4:1-11. Is it surprising to you that Jesus practiced fasting? What was the purpose of his fast?
5. What does the passage reveal about the connection between fasting, resisting temptation and gaining spiritual power?
6. Read Matthew 6:16-18 and Matthew 9:14-15. What does Jesus say is the purpose of fasting? How can fasting increase the intensity of your desire for God? How is that desire satisfied?

7. Read Isaiah 58:6-10. What insights does God give us about the type of fasting that he desires?
8. Read Acts 13:1-4. Why did the early church fast?

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## COMMIT (BE ON MISSION)

9. What are your concerns or questions about fasting?
10. Fasting has been described as, “giving up something good to receive something better.” What is something good, that you enjoy, that you would be willing to give up for a period of time in order to seek God's presence, healing and kingdom?
11. Compass is setting aside February 22 as a day of prayer and fasting. What would you be willing to fast from that day? What would you ask of God in prayer: for yourself, others, our church, the world?

### PAUSE, PONDER & PRAY

“Fasting confirms our utter dependence upon God by finding in Him a source of sustenance beyond food.”

DALLAS WILLARD