

Fasting: Getting Serious with God

Small Group Discussion Guide

"Fasting: Getting Serious with God"

PASTOR MIREK HUFTON

1. SERMON RECAP

Pastor Mirek opened the church's annual 21 days of prayer and fasting by making a compelling case for fasting as one of the most powerful and underused tools in the Christian life. He taught that fasting is not merely skipping meals but is a deliberate act of humbling the flesh so that the spirit can rise to a higher level of faith, sensitivity to God, and spiritual breakthrough. He challenged the congregation to enter the new year not content with where they are, but hungry -- spiritually speaking -- for everything God has for them in 2025.

2. KEY SCRIPTURE

Joel 2:12

"Now, therefore, says the Lord, turn to me with all your heart, with fasting, with weeping, and with mourning."

3. ICE BREAKER

What is one thing you have given up for a period of time -- whether food, social media, a habit, or anything else -- and what did you notice about yourself during that time?

4. DISCUSSION QUESTIONS

1. Pastor Mirek described fasting as "abstaining from food for spiritual purposes" and connected it directly to the act of denying yourself from Matthew 16:24. Why do you think self-denial is so difficult in today's culture, and how does that difficulty make fasting more meaningful rather than less?

2. He used the story of Ahab in 1 Kings 21 to show that even the most morally corrupt person, when they genuinely humble themselves before God, can move the heart of God. What does that story say to you personally about God's responsiveness to humility? Does it surprise you, or does it make you uncomfortable?

3. Pastor Mirek taught that fasting raises the ceiling on your faith -- that unbelief acts as a barrier, and fasting pushes your spirit through it. In Matthew 17:19-21, the disciples could not cast out the demon, and Jesus pointed to unbelief as the reason. Have you ever sensed a ceiling in your prayer life or faith? What did that feel like, and what did you do about it?

4. He drew a clear connection between the condition of the flesh and the volume of the spirit, saying that when the body is weakened through fasting, the spirit becomes more sensitive to the Holy Spirit. How does Romans 8:10 -- "if Christ is in you, the body is dead because of sin, but the spirit is life because of righteousness" -- inform the way you think about the ongoing tension between flesh and spirit in your daily life?

5. Pastor Mirek shared stories from his own life where God directed him to do the very thing he did not want to do, and he connected that kind of difficult guidance to seasons of fasting and prayer. Has God ever asked you to do something you genuinely did not want to do? How did you recognize His voice, and how did you respond?

6. He closed by pointing toward what he called a "fasted life" -- not just occasional extended fasts, but a daily posture of moderation, surrender, and openness to God. What would it look like practically in your week to move toward that kind of lifestyle, even in small ways?

5. APPLICATION CHALLENGE

Before the end of this week, choose one specific and intentional act of fasting -- whether it is skipping one meal and replacing that time with prayer, abstaining from social media for a full day, or committing to a partial fast on one particular day. Before beginning, write down one specific area of your life where you are asking God to raise the ceiling, and bring that written request with you to the next small group meeting to share what you experienced.

6. PRAYER POINTS

- Pray that each person in the group will approach the 21 days of prayer and fasting with genuine humility rather than religious routine, and that God will use this season to reveal areas of the heart that need cleansing and growth.
 - Pray for heightened sensitivity to the Holy Spirit across the entire congregation, that barriers of unbelief will be broken down and that faith will rise to meet what God has prepared for the year ahead.
 - Pray for those in the group who are facing situations that seem immovable -- whether in health, family, finances, or calling -- that this season of fasting and prayer will mark a genuine turning point and breakthrough in Jesus' name.
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7. MEMORY VERSE

Romans 8:10

"If Christ is in you, the body is dead because of sin, but the spirit is life because of righteousness."