



Weekend Message on September 15, 2024

DISCUSS & ENGAGE THE SCRIPTURES

1. Read [Jeremiah 6:16](#) and [Matthew 6:16-18](#). Fasting is a way of the people of God. We fast from food so we can feast on God.
 - How has your perspective of fasting changed?
 - Why do you think fasting is hard? If we're honest, why are we resistant to it?
2. Read [Mark 8:34](#) and [1 John 2:16 NKJV](#). A lot of our life is arranged around satisfying the flesh or fulfilling desires, cravings, compulsions, and appetites. What parts of your life are arranged around your flesh? How is this playing out in your daily life?
3. Read [Galatians 5:16-17,24-25 NKJV](#) and [Romans 6:11-14](#). What is the Holy Spirit trying to say to you?

PRACTICE PLAN

Fast and pray one day this week.

PRAY

Jesus, show us how to use this practice so that we may be able to bring more of our flesh under the submission of Your spirit.

LEADERS

- In your attendance notes, add the responses to question #2.
- Check out valleycreek.org/circleleaders for the new Leader Guide.