

# i m p o v e r i s h e d

Micah Kephart  
True Fasting

03/12/2017

*NOTE: There are more questions below than you are expected to answer. Please just choose a few that are relevant for your personal reflection & application.*

1. What was your major take away from the message this morning?
2. Share a previous time/season when you have chosen to fast from something. Why did you make that choice? What did you learn during that time?
3. What do you find most challenging with fasting?
4. What was it about the fast in Isaiah 58 that displeased God so much?
5. In Isaiah 58: 6-7, God describes a fast that is pleasing to him. What would that look like for you, personally?
6. If you fast in this way, what does God promise?
7. How does viewing the poor and the oppressed as family change the way you see them?
8. Discuss the importance of the "Rice and Beans Challenge" we are involved in as a church.