

Information Overload

FASTING THROUGH LENT
LIFE GROUP NOTES

STARTER

Start by praying for the Holy Spirit to be speaking to you and stirring hearts in your conversations.

Watch the video together, which you can access at www.kings.church/lent

How would you score your information to action ratio?

Take some time to share testimonies of how people would describe 'hearing from God?' What has He been speaking to you about this week?

MAIN COURSE

Read together, Philippians 4v4-9:

“Rejoice in the Lord always; again I will say, rejoice. Let your reasonableness be known to everyone. The Lord is at hand; do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

Finally, brothers, whatever is true, whatever is honourable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things.”

Discuss:

If you were to put together a pie chart apportioning your daily information intake to the things in these verses plus other categories how would it look? (if you'd like to get creative, hand out pens & paper to make your pie charts)

What sort of information would you like to turn the dial down on and why?

What methods could you use to turn the dial up on the things listed in these verses to work Biblical truth into your whole self?

When was the last time God called you to turn reading His word into action?

DESSERT

Chat as a group about how you're feeling about fasting. Are there any encouragements or challenges you've found?

How do you feel about the idea of using fasting as a way to turn down the dial on some things in order to turn up the dial on God?

There could be some wisdom to share among you or some accountability. You could fast on life group day and break the fast together, or do communion.

Remember, this is a marathon not a sprint and be sensible!

Spend some time praying together, ask the Holy Spirit to highlight areas you personally need to turn the dial down on.