

Repenting Well

FASTING THROUGH LENT
LIFE GROUP NOTES

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

Check in with everyone about the things they had wanted to start turning the dial down on in their lives. What have you tried to put in place to help? Has anyone found that when they've fasted this week, it's helped them to turn the dial up on God?

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

STARTER

There are numerous examples throughout scripture of fasting and repentance going hand in hand. Can you think of any? Split into smaller groups (2-3's), with the following examples from scripture, and any others you know of.

Asking together:

- What is the context of the situation and who is fasting?
- What are they repenting of?
- What happens next in the story?
- What does this tell you of God?

(1 Samuel 7:6 / Nehemiah 9:1-2 / Jonah 3:5 / Joel 2:12)

Feedback to the rest of the group. Was there anything you found challenged you or you found tricky to understand?

None of us are perfect, we all have some level of sin in our lives.

What space do you give to bring your sin to God, sincerely apologising and genuinely repenting?

Have you ever considered fasting as a way of repenting well? Have you found through fasting any particular sinful behaviour come to light?

MAIN COURSE

Chat about how you're feeling about fasting this week. Are there any encouragements or challenges you've found?

In Joel 2, fasting and repentance also go together with God's definition of His own glory::

"gracious and merciful, slow to anger and abounding in steadfast love".

Spend some time praying together, meditating on the verse and who God is and how He deals with us and our sincere repentance. Ask the Holy Spirit to highlight areas you personally need to repent of and finish your time together breaking bread and thanking Jesus for His accomplishment on the cross.

DESSERT