

# In Times of Crisis

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 the last week. Did you make it to the prayer meeting?

Take a few minutes to discuss the idea that these meetings are the “engine room” of church life, and if there are any barriers to attending for those in your groups that you could help overcome together.

Watch the video together, which you can access at [www.kings.church/lent](http://www.kings.church/lent)

**STARTER**

Outside of fasting being a regular spiritual practice, using fasting in a time of crisis is probably what we would think about most naturally.

In light of how we’ve been studying the practice of fasting over the last few weeks, how would you feel about utilising fasting in a time of crisis?

What’s your gut reaction when crisis comes your way?

How do you find balancing bringing everything to God and wrestling with Him and yet submitting and surrendering to His ultimate providence and goodness?

On Sunday, we heard of God’s healing power. Sickness is a very common crisis point for most of us. Share how you each found Sunday morning..

Does anyone in the group have any healing testimonies? What about times when God just doesn’t heal some sickness but does heal others?

Discuss why you think this might be the case? How do you find your peace with the reality that this is how God works?

**MAIN COURSE**

Make some space now to specifically pray for physical healing in each others lives, for family, friends and for people in your group unable to be there due to illness (try to contact each person in the week to say they’ve been prayed for and thought of in group and ask how the group can best support them).

It can be overwhelming to pray for things so much bigger than ourselves. Hand out post it notes or the like, get each person to write something that’s happening in our town and another that’s happening nationally or internationally that needs God’s intervention. Pop them all back in the middle, shuffle around and pick one out each at random to pray for. Take these home and keep praying specifically for these two things.

**DESSERT**