****C3 Questions

*C3 exists to glorify God and edify the body by knowing and delighting in the Father through the joy and love of the Spirit and unity in the Son.*

Red Text = Tips and guides to help use the questions

Blue Text = Sample Answers

Green Text = Additional questions to ask

Got Milk? (*What* are we talking about? What is your opinion?)

What is your first reaction to the thought of fasting and why:

* + ugh
	+ miserable
	+ you've got to be kidding
	+ starving
	+ that's only for saints
	+ for the joy
	+ freedom

Where’s the Beef? (*Why* are we talking about this topic? Why is it important?)

Read Matt 6:16-18. Jesus describes two types of people who fast in this passage.

Describe the first type of person.

* Jesus describes the first person as a hypocrite - someone who looks good outwardly but is different in the heart. These people make it as obvious as they can that they are fasting, making sure they look miserable and even disheveled. They make it clear to everyone that they are suffering and "self-sacrificing."

What is the reward they are promised?

* They reward that they are promised is the approval of men. They get the reward that they seek but it is a small and lame reward to get. They get an inflated ego for performing religious rites.
* Can we fast for something in such a way that we make that thing an idol? (like health or financial provision)

Does this mean no one should ever know when we fast? Why or why not?

* This does not mean we cannot tell anyone that we are fasting but that human approval cannot be the motivation for our fast. Being secretive about fasting protects us from seeking praise or respect from others even if we do it subconsciously. When fasting is between you and God and very few others, it makes it clear that you are feasting on God in fasting and not using fasting as a means to another end.

Now describe the second type of person.

* The second person takes steps to conceal the reality that they are fasting. They dress appropriately and make themselves presentable. This is a form a humility in fasting.
* What is treasure in heaven? (Matt 13:44)
* How does fasting help you get this heavenly reward?

What is the reward they are promised? (hint read V29-21)

* These people are promised God as their reward! They are promised treasure in heaven. Jesus makes clear in the parable of the treasure (Matt 13:44), that this treasure is the Kingdom of God. This treasure is knowing and enjoying the King and His happy reign in your life. Fasting focuses on God and is rewarded by and with God.

Satisfied? (How does this apply to me? Application Questions)

One author said "Fasting is feasting." How does giving up physical food result in spiritual fullness? (Matt 4:4)

* In the book Celebration of Discipline, Richard Foster writes: "Fasting reminds us that we are sustained “by every word that proceeds from the mouth of God” (Matt. 4:4). Food does not sustain us; God sustains us. In Christ, “All things hold together” (Col. 1:17). Therefore, in experiences of fasting we are not so much abstaining from food as we are feasting on the word of God. Fasting is feasting! When the disciples brought lunch to Jesus, assuming that he would be starving, he declared, “I have food to eat of which you do not know. . . . My food is to do the will of him who sent me, and to accomplish his work” (John 4:32, 34). This was not a clever metaphor, but a genuine reality. Jesus was, in fact, being nourished and sustained by the power of God. That is the reason for his counsel on fasting in Matthew 6. We are told not to act miserable when fasting because, in point of fact, we are not miserable. We are feeding on God and, just like the Israelites who were sustained in the wilderness by the miraculous manna from heaven, so we are sustained by the word of God." Foster, Richard J.. Celebration of Discipline, Special Anniversary Edition (pp. 55-56). HarperOne. Kindle Edition.
* How can fasting help expose what you rely on or enjoy more than God?

Have you ever fasted before? If so, why and how did you experience God through that fasting?

* "John Wesley declares, “First, let it [fasting] be done unto the Lord with our eye singly fixed on Him. Let our intention herein be this, and this alone, to glorify our Father which is in heaven. . . .”6 That is the only way we will be saved from loving the blessing more than the Blesser." Foster, Richard J.. Celebration of Discipline, Special Anniversary Edition (p. 55). HarperOne. Kindle Edition.
* How has fasting (how do you think fasting will) helped you to see and savor God in new ways?
* Are you planning on fasting with Pastor Randy for the next 21 days? What will you fast from?

Bonus Questions:

Since your C3 group last met:

Why is the most thrilling thing you have done?

What was the best Christmas present you received?

And in what specific way have you most enjoyed God?