****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?

If you have been fasting, share with your group how you have experienced God through this fast.

* This is a great opportunity to draw you group out in regard to this fast. Considering asking some of these questions:
	+ What have you been fasting from?
	+ If you are not fasting, what is holding you back?
	+ How have you seen God move in the fast?
	+ Has it been easy or hard to concentrate on God?

What has been the hardest part of fasting?

What has been the best part?

Where’s the Beef?

Read 2 Chronicles 20:1-30. This passage tells how Judah was attacked by enemies and King Jehoshaphat called for a time of fasting to seek the Lord. Why did Jehoshaphat call for a fast? Identify the situation and the motivation for fasting in v1-4.

* Ultimately, the text says that Jehoshaphat called for a fast "to seek the Lord." He set his face to seek the Lord and what resulted from that determination was a time of national fasting.
* The situation was one of fear and uncertainty. Judah, a small nation, was confronted by a vastly superior army comprised of an allegiance of multiple enemies with no hope of victory outside of the Lord. They were desperate.
* The motivation both for Jehoshaphat and the nation was to seek the Lord. Of course, they wanted help in the situation but twice it says they were seeking God in the dire situation whatever that ended up looking like. A hunger and a need for God were the deepest motivation of this fast. It was occasioned by need by motivated by a desire for the Lord.

How can this affect your view of fearful or uncertain situations?

* This should be a huge encouragement for us in troubled times. This was a terrible situation and yet it drove Judah to seek God. Sometimes our circumstances are less than ideal but if we respond like Jehoshaphat and let those things drive us to God then we can rejoicing even in the midst of life's worst storms.
	+ How does Rom 8:28 and Phil 4:4-7 help us gain this perspective of going to God first?

In v5-12, Jehoshaphat's prayer of fasting is recorded. What is the primary focus of this prayer?

* The primary focus of this prayer is God. Jehoshaphat exults in who God is and what he has done far more than simply bringing his request to God.
* He focuses on...
	+ God's power
	+ God's total sovereignty
	+ God's past faithfulness
	+ God's grace to Abraham
	+ God's protection in the past
* Jehoshaphat also talks about Judah's commitment to God and his temple, and their commitment to run to the Lord in times of trouble. Finally, he admits his helplessness in the situation. He finishes with a cry of humility.
* How is this prayer similar in structure to the prayer in Neh 1:5-12?

Does that match your focus in praying? Why or why not?

From the whole story (v1-30), observe and write down as many results of fasting as you can.

* + Some of the benefits we see in this chapter are...
		- A renewed focus on God (v5-12)
		- A strong sense of humility before God (v12)
		- A united people before the Lord (v13)
		- A direct spoken word from God (v14-17)
		- A reminder that God is for his people (v15)
		- Clear direction from the Lord (v16)
		- A renewed joy expressed in corporate worship (v 18-19)
		- A leader strengthened in faith in God (v20)
		- A renewed calling to worship (v21-22)
		- A renewed view of the "beauty of the holiness" of the Lord (v21)
		- An opportunity to watch the Lord get the victory in an impossible situation (v21-23)
		- A renewed sense of the total sovereignty and power of God (v24)
		- A great deal of material blessing (v25)
		- A God-given joy in God (v27)
		- A deep fear and awe of God from unbelievers (v29)
		- A God established peace (v30)

How does this motivate you to fast and pray?

Are You Satisfied?

Thinking about Sunday's message, how has studying the fasting of Jesus helped you to see and love Christ in a new way?