

SECRET WORLD OF HAPPINESS

Discussion Notes

WHEN YOU FAST

Sam explained some of the principles behind fasting - that as we deny ourselves basic needs we turn to God's provision - but didn't touch on much of what that looks like in practice. So you might want to spend some time this week talking about how we can fast well. We have also put together a page on our website with some basic information about fasting - woodlandsmetro.church/fasting. First though, here are some optional discussion questions from the talk.

Sam said that worry is one of the biggest thieves of happiness we face in life.

- Do you agree? How have you seen worry steal happiness in your life?
- Sam said that many of us make decisions from a place of fear or worry; perhaps worry what people will think, worry about financial security, career progression etc. Can you think of times when decisions you've made have been dictated by worry or fear?

Sam said that in this lockdown time we may have reacted with one of two responses, trying to: 1) work your way out of worry or 2) numb your way out of worry

- Have you responded in either of these ways, either in lockdown or generally?

Read Matthew 6:16-18 and 24-28.

Fasting is a practice that we engage in to teach us a principle; that I can deny myself the things I worry about because I don't need them, instead God will provide.

- Are there things you are making a conscious effort to deny yourself in this time, either fully or in part? If so, have you noticed a difference in your feeling, attitude or behaviour by giving that thing up?

Jesus says that when we focus on God instead of our worries we see that he will provide for us.

- How have you seen God providing for you at the moment?
- Sam said this current crisis is a test of trust for us. How easy or difficult are you finding it to trust God?

FASTING

You may want to send around the Fasting page on our website in advance of your Hub so that people can have a basic idea of why we fast - woodlandsmetro.church/fasting.

- Have you had any experience with fasting? If so, how was it?
- What stops us from fasting more?
- Why do you think it is important that we practise fasting?
- How can we as a Hub challenge each other in this?