

The Fast Track, Part 4

First Baptist Student Ministry - Wednesday, January 29, 2020

Intro Video = "The Fast Track 2020 Promo" (0:47)

(Zaire kids pic) Dr. Helen Roseveare, missionary to Zaire, told the following story. "A mother at our mission station died after giving birth to a premature baby. We tried to improvise an incubator to keep the infant alive, but the only hot water bottle we had was beyond repair. So we asked the children to pray for the baby and for her sister. One of the girls responded, 'Dear God, please send a hot water bottle today. Tomorrow will be too late because by then the baby will be dead. And dear Lord, send a doll for the sister so she won't feel so lonely.'

That afternoon a large package arrived from England. The children watched eagerly as we opened it. Much to their surprise, under some clothing was a hot water bottle! Immediately the girl who had prayed so earnestly started to dig deeper, exclaiming, 'If God sent that, I'm sure He also sent a doll!' And she was right! The heavenly Father knew in advance of that child's sincere requests, and 5 months earlier He had led a ladies' group to include both of those specific articles." (Our Daily Bread)

(Part 4 title pic) Don't you wanna see your prayers answered in such miraculous ways? By faith, I believe they can be. Do you? Fasting is often coupled with prayer. Tonight we conclude our series about fasting to grow closer to Jesus. So, how have the last 21 days gone? **(Students share results, good & bad)**

Whether you are fasting for a day (24 hours) or a month or the rest of your life, you can find success if you are doing it for God. This is the key...

1 Corinthians 10:31 = "So whether you eat or drink, or whatever you do, do it all for the glory of God." (NLT)

I. Looking Back

a. Reviewing Where I Have Been

- i. Part 1 = Spiritual Life Inventory (remember these?)
 - Do you feel closer to God right now than you did a year ago? (Yes or No)
 - How would you rate your time in the Bible (1 being non-existent & 10 being constant/consistent)?
 - How would you rate your prayer life (1 being non-existent & 10 being powerful)?
 - How would you rate your interest in attending church & your attendance (1 being extremely poor/not interested in being here & 10 being love being involved all the time)?
 - How well are you living out your faith at home and school (1 being I'm a camouflage Christian & 10 being I share my faith with everyone all the time)?
 - MOST IMPORTANTLY: Do you want to see improvement in all these areas this year (Yes or No or Not Sure)?
 - i. Part 2 = your motives / waiting on God versus Him waiting on you
 - ii. Part 3 = timing, hypocrisy, anointing, follow
 - iii. You can't really understand where you are going until you reflect on where you have been... looking back at what God has done is important!

b. Remembering What I Have Learned

- i. As we look back at this past 21 days, I would love to hear someone share about what they fasted from and how it helped them in their relationship with the Lord. **(Volunteers share)**

II. Planning Ahead

a. Breaking My Fast...

- i. Today is the final day of our corporate fast, but hopefully only the beginning of your personal fast/commitment. Let me read the final devo (for today) of our reading plan:

(YouVersion pic) You did it! 21 days of fasting, 21 days of a daily devotion to God! Well done for beginning this new year with a focus on your spiritual health and your intimacy with Jesus. The fruit of this time will be felt in you for months ahead. Starting tomorrow you can break your fast, but our prayer for you is that you won't break the habit you have now placed in your life. If you have been following this daily devotion regularly you are now used to taking some time in your day to read scripture, reflect, and pray. Don't let that stop when you don't receive these emails anymore! Keep the habit up and continue to open his word each day. If you need a suggestion on how to do this, start at the beginning of the book of Psalms and read one a day. That will get you through at least the next 150 days. Simple! Enjoy his word in your life – it is literally life-giving.

The passage today from Colossians is a great way for us to draw our 21-day devotion to a close. Paul mentions that two things are in us and working through us in our walk with Jesus – his peace, and his message. His peace gives us the assurance of his presence and the comfort of his love. His message

dwells in us and brings rich fruit out of our lives, filling us with the wisdom we need to speak life into those around us, ministering to one another out of the revelation of his goodness to us. In both he reminds the church to do one thing – be thankful. He says it three times in these short verses – we are to be thankful, have gratitude in our hearts, and give thanks to the Father for all that Jesus has done. Thanksgiving is such an underrated spiritual discipline. Being thankful forces you to stop in the midst of your ‘doing’, reflect on the movements of God in your life, be conscious of them, and express your appreciation for them to God. Being thankful keeps you humble – it is a conscious acknowledgment that God has been at work, and that we need him. A thankful heart is a heart that is rooted in the reality of God’s goodness and presence. Thank him for your fast and your start to the year. And may the good work that God has started in you carry on until its full completion!

- ii. Here’s the passage for today = **Colossians 3:15-17**
- iii. “And let the peace that comes from Christ rule in your hearts. For as members of one body you are called to live in peace. And always be thankful. 16 Let the message about Christ, in all its richness, fill your lives. Teach and counsel each other with all the wisdom he gives. Sing psalms and hymns and spiritual songs to God with thankful hearts. 17 And whatever you do or say, do it as a representative of the Lord Jesus, giving thanks through him to God the Father.” (NLT)
- iv. Whatever (whatever) you do... for God!
- v. Remember tonight’s text? = **1 Corinthians 10:31** = “So whether you eat or drink, or whatever you do, do it all for the glory of God.” (NLT)

b. ...Without Breaking My Commitment

- i. Now you know what to do (everything for the glory of God), let’s talk about what not to do.
- ii. Don’t go crazy as you break your fast!
- iii. What do I mean? (Milo’s cage illustration)
 - a. Ending a fast... going back to your previous ways (like putting Milo in the cage and letting him out, setting him free, crazy)
 - b. Galatians 5:13 = “For you have been called to live in freedom, my brothers and sisters. But don’t use your freedom to satisfy your sinful nature. Instead, use your freedom to serve one another in love.” (NLT)



c. My Commitment To Transformation

- i. Can we all agree that we need some area of our lives transformed by God? We need transformation!

- ii. This fast, this series, during this new decade was meant to jump start that!
- iii. Did you know that God is in the transformation business? Sometimes He needs to break us down to be able to build us back up.
- iv. Like the process of a caterpillar becoming a butterfly:

Video = “Monarch Butterfly Metamorphosis time-lapse...” (start at 1:31)
<https://www.youtube.com/watch?v=ocWgSgMGxOc&feature=youtu.be>



- v. **2 Corinthians 5:17** = “This means that anyone who belongs to Christ has become a new person. The old life is gone; a new life has begun!”
- vi. This caterpillar and butterfly are essentially two different creatures, the caterpillar dies and decomposes for a butterfly to be born... this is a picture of us and our new life in Christ!
- vii. As you finish your fast today, as you seek this transformed (new) life... what is the Lord asking you to commit to Him? Write it down (handout) and take the next step of faith... take of pic of that and send it to me so I can pray for you and keep you accountable.

(Title pic) What’s next? = Now it’s your turn! He’s spoken to you, I have encouraged you, now it’s time for you to commit & live! Praying for you!

Highlighted = text or pic on screen. **Blue** = pic or video within message.
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FBSM Small Group Leader Guide

Date: Wednesday, January 29, 2020

Read: **1 Corinthians 10:31** = “So whether you eat or drink, or whatever you do, do it all for the glory of God.” (NLT)

Review: So, what are we waiting for? As we conclude our study on fasting tonight, we will discuss what may be holding us back from regularly fasting in order to draw us closer to the Lord. We will address the excuses we all give for not taking part in a fast.

React: How has the Lord spoken to you during The Fast Track study this month? How can we pray for each other (specifically) as you consider fasting about something in the near future? Will you commit tonight to a specific fast? Pray for one another.



The Fast Track, Part 4

First Baptist Student Ministry - Wednesday, January 29, 2020

1 Corinthians 10:31 = "So whether you eat or drink, or whatever you do, do it all for the glory of God." (NLT)

I. _____

a. **Reviewing** _____ **I Have Been**

- Spiritual life inventory
- Examining motives / waiting on God
- Timing, Hypocrisy, Anointing, Follow

b. **Remembering What I Have** _____

- What have you fasted from these last 21 days and how has it helped your relationship with the Lord?



II. _____

a. _____ **My Fast...**

- Colossians 3:15-17

b. **...Without** _____ **My Commitment**

- Don't go crazy...
- Galatians 5:13

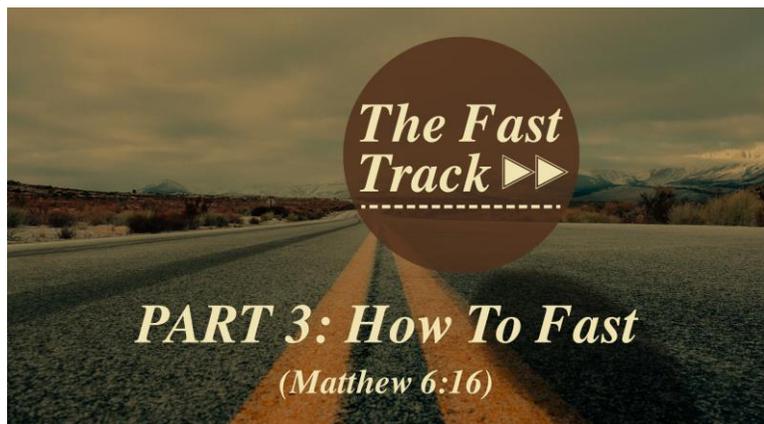


c. **My Commitment To** _____

- God is in the business of transformation!

Video = "Monarch Butterfly Metamorphosis time-lapse..." (start at 1:31)
<https://www.youtube.com/watch?v=ocWgSgMGxOc&feature=youtu.be>

- 2 Corinthians 5:17 = "This means that anyone who belongs to Christ has become a new person. The old life is gone; a new life has begun!"
- What is the Lord asking you to commit to Him?



The Fast Track, Part 3

First Baptist Student Ministry - Wednesday, January 22, 2020

Intro Video = "The Fast Track 2020 Promo" (0:47)

(Mental Institution pic) A doctor at a mental institution was making his rounds one evening when he heard shouting from one of the cells.

"I am the King of the Universe! I am the Ruler of the World! From now on everyone will do what I say because I am the Supreme Commander of the Galaxies!" The doctor investigated, opening a door to find a man in his skivvies, standing on a chair, beating his chest and yelling, "I am the King of the Universe!" "Harry!" interrupted the doctor over the man's shouting. "Harry, get down off that chair! And quiet down! You're disrupting people who are trying to sleep!" "I am the King of the Universe!" "Harry, you are not the King of the Universe!" "Yes, I am!" he cried all the louder. "And just what makes you think you are King of the Universe?" asked the doctor. "God told me I was King of the Universe!" shouted Harry. Just then a voice erupted from another cell down the hallway: "I did not!"

You know the type. They may not exactly claim to be God, but they're convinced that God has given them the final word on what's true and not true, what's right and what's wrong. Are they candidates for mental institutions, or simply deluded? Is ego or ambition a factor? Or is it an understandable need for certainty and firm answers in a world filled with theories and opinions that are constantly changing? (Hot Illustration 1.0, King of the Universe)

(Part 3 title pic) Tonight we're going to focus on the concept of humility, the enemy of pride. Pride is the biggest issue any of us will face. As we continue this series about fasting, we're going to see how humility plays a huge role in how to fast (the right way)!



What's Jesus have to say about fasting? Important sermon = Sermon on the Mount, right after how He teaches us to pray (Lord's Prayer), we find this...

Matthew 6:16-18 = "And when you fast, don't make it obvious, as the hypocrites do, for they try to look miserable and disheveled so people will admire them for their fasting. I tell you the truth, that is the only reward they will ever get. 17 But when you fast, comb your hair and wash your face. 18 Then no one will notice that you are fasting, except your Father, who knows what you do in private. And your Father, who sees everything, will reward you." (NLT)

I. The Ways Of My Fast

a. Is Following Jesus A Secret?

- i. V.18 talks about fasting in private so only God knows... should we follow God in private only? What does this mean?
- ii. Like last week, it's all about motives. **Follow Him privately so you can glorify Him publicly!**
- iii. Your personal prayer life affects how you treat others
- iv. Your personal fast will affect how you see things
- v. Your personal devotions/Bible reading affects how God speaks through you & to you
 1. Me = no personal devos, no sermons!

b. Is Faith Really All About Rewards?

- ii. God talks about rewarding us in many places... should we follow Him so we can be rewarded?
- iii. **You focus on living for Him, let Him focus on rewarding you.**
- iv. Never let rewards be your motivation, only your satisfaction because you're serving Him!

II. The Words Of My Fast

a. Timing

- i. Let's dig into this passage a little deeper with a few words that are crucial for your fast... the first: Timing
- ii. **"when you fast" (v.16)** = "The law required only one fast a year (Day of Atonement). The expression used there is "deny yourselves" (NIV) or "humble your souls" (NASB), indicating that in addition to fasting, the people were to demonstrate a humbling of their souls by wearing sackcloth, mourning, and praying on the Day of Atonement... as time passed, fasts multiplied for legitimate purposes, such as a sign of repentance and seeking God's mercy, and certain days of the year became regular days of fasting" (Zondervan Illustrated Bible Backgrounds Commentary, pg. 46)

- iii. Sackcloth = literally cloth made from a sack (like a potato sack)... painful and uncomfortable, a constant reminder of this fast = [put on sackcloth](#)

b. Hypocrisy

- i. "don't make it obvious, as the hypocrites do" (v.16) = "Fasting also became legalized among some sectarians to twice a week (Luke 18:12), usually on Monday and Thursday, because Moses is said to have gone up on Sinai on those days. Jesus condemns the practice of hypocritical fasting by the religious leaders, since they were fasting with the intention of getting recognition from the people" (Zondervan, pg.46).
- ii. Don't be that guy! Hypocrites!!!

c. Anointing

- i. "But when you fast, put oil on your head and wash your face" (v.17, NIV) = "This kind of anointing and washing is not religious but is to signify preparation to enjoy life, similar to the expression in Ecclesiastes, 'Go, eat your food with gladness, and drink your wine with a joyful heart, for it is now that God favors what you do. Always be clothes in white, and always anoint your head with oil.' (Eccl. 9:7-8)" (Zondervan, pg.46)
- ii. I don't know how familiar you are with anointing (in the Bible), but it is about dedication, prayer, sacrifice, giving something or someone to God.
- iii. James 5:13-15 = "Are any of you suffering hardships? You should pray. Are any of you happy? You should sing praises. 14 Are any of you sick? You should call for the elders of the church to come and pray over you, anointing you with oil in the name of the Lord. 15 Such a prayer offered in faith will heal the sick, and the Lord will make you well. And if you have committed any sins, you will be forgiven." (NLT)
- iv. Anointing oil = explain (not the oil, it's the heart)
- v. Do you need to "anoint" some things or some people in your life to get serious about this fast?

d. Follow

- i. 2 volunteers = one pulling me back (leave) and one to reach toward (follow)
 - a. What is holding you back from reaching out to God? Lay it down tonight!

Video = "Leave: Follow" (Journey Box Media, 1:46)



- ii. Take a minute (2 weeks into this fast) to list the things or relationships you need to lay down to better follow Jesus? ([handout](#))

(Title pic) What's next? = The final week, Part 4 (Why Not Fast?) = how you can make this a regular part of your life, more than 21 days, finding things to leave so you can better follow Jesus. It's all about priorities!

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FBSM Small Group Leader Guide



Date: Wednesday, January 22, 2020

Read: Matthew 6:16 = "And when you fast, don't make it obvious, as the hypocrites do, for they try to look miserable and disheveled so people will admire them for their fasting. I tell you the truth, that is the only reward they will ever get." (NLT)

Review: We continue this evening with our study of fasting by looking at the concept of how to fast appropriately. Fasting must never be done for a show before others but only as a means to draw closer to the Lord and His ways in our lives.

React: When it comes to putting on a "religious show" for others, what are some things we (as believers) do? What is the right attitude for fasting? Please give examples.



The Fast Track, Part 3

First Baptist Student Ministry - Wednesday, January 22, 2020

Matthew 6:16-18 = "And when you fast, don't make it obvious, as the hypocrites do, for they try to look miserable and disheveled so people will admire them for their fasting. I tell you the truth, that is the only reward they will ever get. But when you fast, comb your hair and wash your face. Then no one will notice that you are fasting, except your Father, who knows what you do in private. And your Father, who sees everything, will reward you." (NLT)

I. The _____ Of My Fast

a. Is Following Jesus A _____?

- Follow Him privately so you can glorify Him publicly.
- Your personal (private) walk affects your public life...

b. Is Faith Really All About _____?

- You focus on living for Him, let Him focus on rewarding you.
- Motivation?



II. The _____ Of My Fast

a. _____

- "when you fast..." (16)
- Sackcloth = an uncomfortable reminder

b. _____

- "...don't make it obvious, as the hypocrites do" (16)
- Don't be that guy / girl!

c. _____

- "But when you fast, put oil on your head and wash your face..." (17, NIV)
- James 5:13-15
- Anointing oil
- Do you need to "anoint" some things / people?

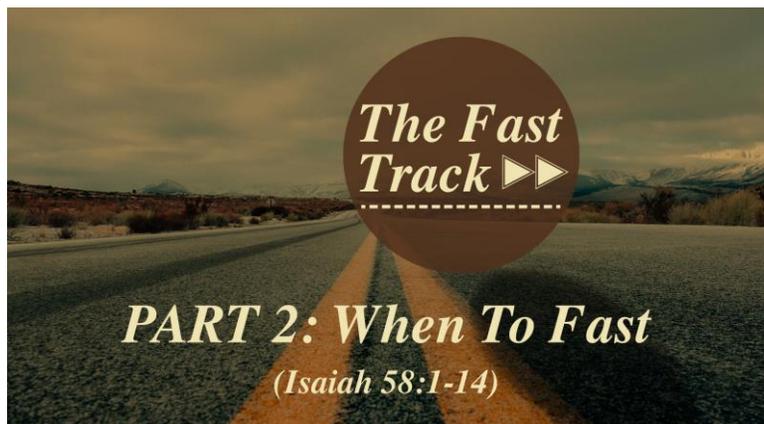
d. _____

- What do you need to leave so you can better follow?

Video = "Leave: Follow" (Journey Box Media, 1:46)

- What / who do you need to lay down / leave so you can follow Jesus more faithfully?





The Fast Track, Part 2

First Baptist Student Ministry - Wednesday, January 15, 2020

Intro Video = "The Fast Track 2020 Promo" (0:47)

(Part 2 title pic) Tonight we continue this series about fasting. How is your fast going so far? **Raise your hand** if you are struggling with what you are fasting from. **Raise your hand** if you are finding some success and can tell a difference. We're going to continue by talking about when is the right time to fast and the motives behind your personal fast. Let me share about my personal fast...

(Justin's fasting pic) Physical, financial, spiritual... explain.

So, when is the right time to fast? What are our motives behind fasting? Listen to this dialogue between God's people and God (through the prophet Isaiah):

Isaiah 58:3-9a = "We have fasted before you!" they say. "Why aren't you impressed? We have been very hard on ourselves, and you don't even notice it!" "I will tell you why!" I respond. "It's because you are fasting to please yourselves. Even while you fast, you keep oppressing your workers. 4 What good is fasting when you keep on fighting and quarreling? This kind of fasting will never get you anywhere with me. 5 You humble yourselves by going through the motions of penance, bowing your heads like reeds bending in the wind. You dress in burlap and cover yourselves with ashes. Is this what you call fasting? Do you really think this will please the Lord? 6 "No, this is the kind of fasting I want: Free those who are wrongly imprisoned; lighten the burden of those who work for you. Let the oppressed go free, and remove the chains that bind people. 7 Share your food with the hungry, and give shelter to the homeless. Give clothes to those who need them, and do not hide from relatives who need your help. 8 "Then your salvation will come like the dawn, and your wounds will quickly heal. Your godliness will lead you forward, and the glory of

the Lord will protect you from behind. 9 Then when you call, the Lord will answer. 'Yes, I am here,' he will quickly reply." (NLT)

I. Who Am I Trying To Impress?

a. Check The Motives

- i. You see the question to God in verse 3? "Why aren't you impressed" = Is this really a question for God or for the others listening?
- ii. Who are you trying to impress more in your life right now? Example = have you heard of this new app called "Instagram"? **(Instagram pic on screen)**
 1. Think about your last 10 posts (maybe even take a moment to pull out your phone and look at them)... who were you trying to impress with that post? Yourself? Others? Or God??
- iii. We need to constantly be checking our motives
- iv. "Motive" = Motivation



(Contact lens pic) "The teenager lost a contact lens while playing basketball in his driveway. After a fruitless search, he told his mother the lens was nowhere to be found. Undaunted, she went outside and in a few minutes returned with the lens in her hand. "I really looked hard for that, Mom," said the youth. "How'd you manage to find it?" "We weren't looking for the same thing," she replied. "You were looking for a small piece of plastic. I was looking for \$150." (Source Unknown.)

- v. How motivated are you to fast and pray and seek Him and hear from Him?

b. Hear God's Reply

- i. See the response in verse 6? Listen to the modern-day paraphrase of vv.6-9:
- ii. "This is the kind of fast day I'm after: to break the chains of injustice, get rid of exploitation in the workplace, free the oppressed, cancel debts. What I'm interested in seeing you do is: sharing your food with the hungry, inviting the homeless poor into your homes, putting clothes on the shivering ill-clad, being available to your own families. Do this and the lights will turn on, and your lives will turn around at once. Your righteousness will pave your way. The God of glory will secure your passage. Then when you pray, God will answer. You'll call out for help and I'll say, 'Here I am.'" (Isaiah 58:6-9, MSG)

- iii. "God is more concerned about how we treat and care for our fellow man than about any vain ritualism." (Baptist Study Edition Bible, pg. 994)
- iv. People see what you do (sometimes) or post/snap, but God knows your heart / your motives!
- v. "People judge by outward appearance, but the Lord looks at the heart." (1 Samuel 16:7, NLT)
- vi. It's one thing to hear what God says to you...

c. Be A Doer Of The Word

- i. It's another thing to do it! Listen up:
- ii. "But don't just listen to God's word. You must do what it says. Otherwise, you are only fooling yourselves." (James 1:22, NLT)
- iii. Don't be a fool... read it, listen to it, live it out!

II. When Is The Right Time To Fast?

These two responses may seem opposing, but hear me out:

a. Wait!

- i. The Bible is full of passages about waiting on God...
- ii. "Wait patiently for the Lord. Be brave and courageous. Yes, wait patiently for the Lord." (Psalm 27:14, NLT)
- iii. But, sometimes God is waiting on you...
- iv. "What are you waiting for? Get up and be baptized. Have your sins washed away by calling on the name of the Lord." (Acts 22:16, NLT)
- v. Only wait until your motives are right (God sees your heart), but don't keep Him waiting on you!

b. Now!

- i. Who has ever heard of Lent? (raise hands)
- ii. (Lent pic on screen) Ash Wednesday until day before Easter... "The purpose of Lent is the preparation of the believer for Easter through prayer, doing penance, mortifying the flesh, repentance of sins, almsgiving, and denial of ego. This event is observed in the Anglican, Eastern Orthodox, Lutheran, Methodist, Moravian, Oriental Orthodox, Reformed, and Roman Catholic Churches. Some Anabaptist and evangelical churches also observe the Lenten season." (Wikipedia)
- iii. Why do we have to wait 40 days before Easter to cleanse our hearts and seek to worship God more faithfully? Let's do it now! New decade!
- iv. Jesus fasted for 40 days to get closer to God... why can't you try a 7-day or 21-day fast?



Video = "Lent: A Season of Renewal" (Hyper Pixels Media, 2:13)

- v. Don't you want to know "the way, the truth, and the life" (John 14:6)? Let's fast, prepare, and follow!

(Title pic) What's next? = It is not too late to download and join our *YouVersion Bible app* reading plan. Next, *Part 3: How To Fast* = how to fast God's way more than my way or your own way.

Highlighted = text or pic on screen. **Blue** = pic or video within message.
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FBSM Small Group Leader Guide

Date: Wednesday, January 15, 2020

Read: Isaiah 58:4-5 = "What good is fasting when you keep on fighting and quarreling? This kind of fasting will never get you anywhere with me... Is this what you call fasting? Do you really think this will please the Lord?" (NLT)

Review: For our next step in The Fast Track journey, we will discover when is the right time to fast. Fasting can be done for selfish reasons or for godly reasons. The fast is not actually about the outward fast itself but what God is doing within the character of the individual.

React: Reflect on the reasons why you started on this fast. What is God showing you so far as you open your heart to Him during this time?

Leader's Notes:



The Fast Track, Part 2

First Baptist Student Ministry - Wednesday, January 15, 2020

Isaiah 58:3-9a = "We have fasted before you!" they say. "Why aren't you impressed? We have been very hard on ourselves, and you don't even notice it!" "I will tell you why!" I respond. "It's because you are fasting to please yourselves. Even while you fast, you keep oppressing your workers. 4 What good is fasting when you keep on fighting and quarreling? This kind of fasting will never get you anywhere with me. 5 You humble yourselves by going through the motions of penance, bowing your heads like reeds bending in the wind. You dress in burlap and cover yourselves with ashes. Is this what you call fasting? Do you really think this will please the Lord? 6 "No, this is the kind of fasting I want: Free those who are wrongly imprisoned; lighten the burden of those who work for you. Let the oppressed go free, and remove the chains that bind people. 7 Share your food with the hungry, and give shelter to the homeless. Give clothes to those who need them, and do not hide from relatives who need your help. 8 "Then your salvation will come like the dawn, and your wounds will quickly heal. Your godliness will lead you forward, and the glory of the Lord will protect you from behind. 9 Then when you call, the Lord will answer. "Yes, I am here," he will quickly reply." (NLT)

I. _____ Am I Trying To _____ ?

a. Check The _____

- Think about Instagram & your recent posts...
- Motive = Motivation



b. Hear _____ Reply

- Isaiah 58:6-9 = "This is the kind of fast day I'm after: to break the chains of injustice, get rid of exploitation in the workplace, free the oppressed, cancel debts. What I'm interested in seeing you do is: sharing your food with the hungry, inviting the homeless poor into your homes, putting clothes on the shivering ill-clad, being available to your own families. Do this and the lights will turn on, and your lives will turn around at once. Your righteousness will pave your way. The God of glory will secure your passage. Then when you pray, God will answer. You'll call out for help and I'll say, 'Here I am.'" (MSG)
- 1 Samuel 16:7

c. Be A _____ Of The _____

- James 1:22

II. When Is The _____ To Fast?

a. _____ !

- Psalm 27:14
- Acts 22:16

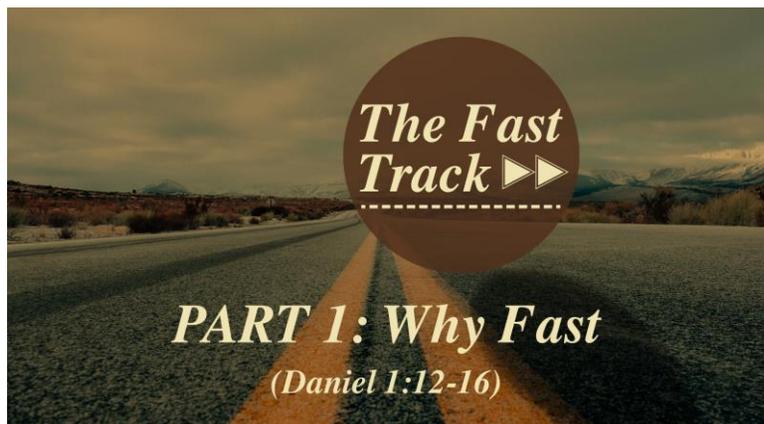


b. _____ !

- What is Lent?
- Jesus fasted for 40 days. How about you?

Video = "Lent: A Season of Renewal" (Hyper Pixels Media, 2:13)

- John 14:6 = "Jesus told him, 'I am the way, the truth, and the life. No one can come to the Father except through me.'" (NLT)



The Fast Track, Part 1

First Baptist Student Ministry - Wednesday, January 8, 2020

Intro Video = "The Fast Track 2020 Promo" (0:47)

(Title pic) Welcome to a new year, a new decade, and a new message series! I don't know how much you know about the spiritual discipline of fasting or if you have any personal experience with it, but it is one of the best ways to enhance your relationship with God this new year! What is fasting?

The world's definition = "Fasting is the willing, abstinence or reduction from some or all food, drink, or both, for a period of time." (Wikipedia)

The Bible's definition = Abstaining from something that is stealing your time with your Father to refocus your mind's attention and heart's affection on the things of God. Saying "no" to something else to be able to say "yes" to Him!

(Fast Like Daniel pic) Scott Williams puts it this way = "Are you ready to give up what you crave...to get something that will really satisfy the hunger in your soul?" = The Daniel Fast changed our lives this past year and we're praying that the lost art of fasting changes yours this new decade. Your best year yet!! But, maybe you don't know much about fasting... here's the skinny on fasting:

Video = "The Skinny On Fasting" (Skit Guys Studios, 3:57)

(Part 1 title pic) Before we can understand fasting, let's answer the question of "why fast?" in the first place. Should you fast? Why do you need to?

I. Evaluating Where I Am

a. Spiritual Life Inventory

- i. It is always good to evaluate your life and see where you are in your relationship with Jesus. Let's do that. ([Questions on your handout](#))
- ii. Do you feel closer to God right now than you did a year ago? (Yes or No)
- iii. How would you rate your time in the Bible (1 being non-existent & 10 being constant/consistent)?
- iv. How would you rate your prayer life (1 being non-existent & 10 being powerful)?
- v. How would you rate your interest in attending church & your attendance (1 being extremely poor/not interested in being here & 10 being love being involved all the time)?
- vi. How well are your living out your faith at home and school (1 being I'm a camouflage Christian & 10 being I share my faith with everyone all the time)?
- vii. MOST IMPORTANTLY: Do you want to see improvement in all these areas this year (Yes or No or Not Sure)?

II. Anticipating Where I Am Going

a. Daniel's Story

- i. Daniel wanted to live a life dedicated to God in a culture that could care less what God thought. Sound familiar? Ever feel like you are the only one wanted to serve God faithfully?
- ii. This story is in reference to food but is about so much more. The king thinks his way is better (more important) than God's way. Watch what happens:

Daniel 1:12-16 = "Please test your servants for ten days: Give us nothing but vegetables to eat and water to drink. 13 Then compare our appearance with that of the young men who eat the royal food, and treat your servants in accordance with what you see." 14 So he agreed to this and tested them for ten days. 15 At the end of the ten days they looked healthier and better nourished than any of the young men who ate the royal food. 16 So the guard took away their choice food and the wine they were to drink and gave them vegetables instead." (NLT)

b. My Story

- i. Do you need a veggie diet? Probably not. But, what kind of "junk food" are you feeding your mind? Is what you are watching, scrolling through, or listening to glorify the Lord?
- ii. Are you tired of being the "same ol' you"? Are you ready for a change? Are you fed up with letting social media and everyone else tell you who you

- should be or how you should act or what you should where or what you should feel? Be yourself (the you God made).
- iii. This new year you need to be reminded of your worth in God... who you really are!

(Verse references on screen) "The Bible actually has many passages that tell us what God has to say about our worth and our value in His eyes. **Genesis 1:26-27** says we are made in His image, the very image of God. **Psalm 139:13-16** says we are fearfully and wonderfully made, and all the days of our lives were written in God's book before we were ever born, confirming God's prior knowledge and plan for our lives. **Ephesians 1:4** says God chose His children before the foundations of the earth were ever formed, and in **Ephesians 1:13-14** we're told we are God's own possession, chosen for the praise of His glory, and that we have an inheritance in heaven with Him as His children." (GotQuestions.org)

- iv. If you are ready to see your relationship with God grow this new decade and you're ready to clean out some of the stuff getting in the way of you doing that... the only question left is: how do you do that effectively? **FASTING!**

III. Why Fasting Can Help Me Get There

a. Fasting Can...

- i. ...be done from food, from beverages, from caffeine, from technology, from social media, from ungodly movies/music, from toxic relationships, from cussing, from saying hateful words... anything!
- ii. ...be done for as long as you feel led to (a month, a day, a week, a year, from the rest of your life).
- iii. ...be done alone or with a group (youth group) or with an accountability partner.
- iv. ...be a humbling experience and it should be (don't be prideful about this commitment).
- v. ...be the most life-changing thing you do all year!
- vi. Let me give you a little more detail about fasting from the Bible (and GotQuestions.org)

Video = "Christian fasting – what does the Bible say?" (stop at 2:18)

b. Giving Up Will...

- i. ...be worth it! What is it that you are giving up this month to focus your time more on God?
- ii. ...only take 21 days. Will you join us? Let's enhance this experience by studying God's Word together (through the YouVersion Bible app).
 - **(YouVersion app pic)** = explain how to do it

c. My Commitment Is To...

- vii. ... fast for _____ days (21 days or shorter or longer?) **(write on handout)**
- viii. ...fast from _____ (be specific, make this your prayer)!
- ix. ...God and to _____ (an accountability partner/group)!
- x. ...grow in this area or overcome this particular struggle/sin/addiction/distraction: _____.

(Title pic) What's next? = Tomorrow we begin the *YouVersion Bible app* reading plan (download the app and join us). Then, **Part 2: When To Fast = next week we will look at the motivation behind our fast. For God or for self?**

Highlighted = text or pic on screen. **Blue** = pic or video within message. *Albertville First Baptist Church - AlbertvilleFBC.church - Justin Worden © 2020*

FBSM Small Group Leader Guide

Date: Wednesday, January 8, 2020

Read: **Daniel 1:12-16** = "At the end of the ten days, Daniel and his three friends looked healthier and better nourished than the young men who had been eating the food assigned by the king." (v.15, NLT)

Review: Tonight, we begin our new series called "The Fast Track" (digging into the spiritual discipline of fasting) by looking at why we should fast in the first place. This will be a broad introduction to fasting.

React: What experience do you have with fasting (what have you fasted from / how long have you fasted)? What might the Lord be leading you to fast from this month (during this study)?

Leader's Notes:



The Fast Track, Part 1

First Baptist Student Ministry - Wednesday, January 8, 2020

Video = "The Skinny On Fasting" (Skit Guys Studios, 3:57)

I. _____ Where I Am

a. Spiritual Life _____

- Do you feel closer to God right now than you did a year ago? Yes or No? = _____
- How would you rate your time in the Bible?
1-----5-----10
- How would you rate your prayer life?
1-----5-----10
- How would you rate your interest in attending church & your attendance?
1-----5-----10
- How well are your living out your faith at home and school, etc?
1-----5-----10
- Do you want to see improvement in all these areas this year? (Circle one) Yes No Not Sure

II. _____ Where I Am Going

a. _____ Story

Daniel 1:12-16 = ""Please test your servants for ten days: Give us nothing but vegetables to eat and water to drink. 13 Then compare our appearance with that of the young men who eat the royal food, and treat your servants in accordance with what you see." 14 So he agreed to this and tested them for ten days. 15 At the end of the ten days they looked healthier and better nourished than any of the young men who ate the royal food. 16 So the guard took away their choice food and the wine they were to drink and gave them vegetables instead." (NLT)

b. _____ Story

- Gen. 1:26-27, Ps. 139:13-16, Eph. 1:4, Eph. 1:13-14

III. Why _____ Can Help Me Get There

a. _____ Can...

Video = "Christian fasting – what does the Bible say?"
https://www.youtube.com/watch?time_continue=138&v=aJTUN3j3Xc0&feature=emb_logo

b. _____ Up Will...

- Download to YouVersion Bible app & join us!

c. My _____ Is To...

- Fast for _____ days.
- Fast from _____.
- God and to _____.
- Grow in this area or overcome this struggle/sin:
_____.