



**For the week of: February 17th, 2002**

**Title:** Get In The Fast Lane

**Memory Verse:** "But Daniel purposed in his heart that he would not defile himself with the portion of the king's delicacies." **Daniel 1:8a**

1. What physical, social, and spiritual benefits are connected with fasting?
2. What does it mean to afflict your soul?
3. Miles made the statement that we are too easily distracted with the king's delicacies. What are these delicacies, and which one distracts you the most?
4. Look up the following verses and read them aloud to your Small Group. Share any personal insights or experiences you have had. **Isaiah 58:5-7, Mark 9:29, 1 Samuel 31:13, Acts 14:23, Matthew 4:2, Acts 10:30-31, and Exodus 34:27-28.**
5. **Read Isaiah 58:3-12.**
  - What was the problem with their fast?
  - What does God require of a true fast?
  - If they were faithful, what would the promised results have been?

**PUSH:**

6. How was week one for you? Share your experiences with the group. Have you experienced God this week in a new way?

**Homework:** Decide now what you will do when your body is "craving" sweets or caffeine. Have a game plan for how you will avoid breaking your fast.