

HOW TO LOVE LIKE JESUS

STUDY GUIDE

Ephesians 6:18-19, 2 Chronicles 20:1-6, 12-17

Observation questions

1. According to Ephesians 6:18, when and how are believers instructed to pray?
2. What did Jehoshaphat do when he became afraid of the armies coming against Judah?
3. How did Jesus respond to temptation after spending 40 days praying and fasting in the wilderness?
4. What four things does the message say prayer and fasting lead to?

Interpretation questions

1. What does it mean that “spiritual disciplines affect physical realities”?
2. Why is fasting more than simply going without food?
3. What does the phrase “the form is greater than the outcome” mean when it comes to following God?
4. Why can prayer and fasting help us become more dependent on God instead of our own strength, resources, or understanding?

THE POWER OF PRAYER AND FASTING

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Application questions

1. Where in your life do you need greater discernment from God right now?
2. What might God be trying to develop in you through your current circumstances?
3. What are you depending on right now that may be taking the place of depending fully on God?
4. What could you fast from this week in order to replace that time or attention with intentional time with God?
5. Where have you been tempted to change your “form” because you haven’t seen the outcome you wanted?
6. What person, relationship, situation, or promise have you become tired of praying for?
7. What is one practical way you can commit to making prayer and fasting a consistent spiritual discipline this week?