



Life Group Discussion Guide

The Practices of Grace

Stopping – Isaiah 58:1-12

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Main thought:

The practice of stopping (fasting) is not for us to get God's attention. It is for us to give our attention to God, and to focus our hearts on the people God has on His heart.

Ice-Breaker

- What do you look forward to on Easter, both now and as a child?

Verse of the week

- What is a verse or truth from God's Word that has stood out to you this week from your own personal Bible reading?

Digging In

Read or recap Isaiah 58, and discuss the following questions. Consider as a group what stood out to you from this passage or message.

- How do culture, environment, or personality keep us from practicing stopping (fasting)?
- Is God for or against us stopping (fasting)? What is God's warning in Isaiah 58?
- What were the people saying about fasting in this passage that reveals how they got it wrong? (Isaiah 58:3)
- What were the people doing or not doing in this passage that reveals how they got it wrong? (Isaiah 58:3-4)
- How can stopping (fasting) help increase our capacity to experience God and to reflect God's grace to others?
- What overlooked people from Sunday's list stood out to you? Why? What will you do?

Application

- What application or take-away will you apply from the passage this week?

Praying as a group

- Who are you inviting to sit with you at Easter? Let's pray for them.