

# Sermon Discussion Guide

*Fasting and Feasting*

Mark 2:18-22

## The question of fasting (18)

Ex 20:10; Lev 16:1-34; 23:26-32; 35:9; Matt 6:16; 11:18; Lk 18:11-12

- Why were the disciples of John and the disciples of the Pharisees fasting more than the law required?

## The timing of fasting (19-20)

Ezek 16:8; Hosea 2:19-20; Isa 61-62

- How does Jesus' wedding analogy explain why his disciples don't fast?

## The newness of fasting (21-22)

- What does Jesus' explanation of the unshrunk patch and the new wine tell us about the nature of fasting?
- Think about how you view fasting and spiritual disciplines in light of this quote by John Piper: *"The newness of our fasting is this: its intensity comes not because we have never tasted the wine of Christ's presence, but because we have tasted it so wonderfully by his Spirit, and cannot now be satisfied until the consummation of joy arrives."*<sup>1</sup>

## The practice of Christian fasting

- Discuss how the following guidelines are helpful for you as you think about fasting in a Christian way:
  - The specifics of fasting are not commanded in Scripture
  - Fasting can be dangerous for the Christian
  - Fasting is a tool to grow our desire for God
  - Fasting is a tool to grow our dependence upon God
- How does feasting on the Lord's Day also aid in the goals of fasting?

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<sup>1</sup> Piper, John. *A Hunger for God*, 42.