

Cornerstone Christian Family Church

Cell Group Notes

29 January 2015

“True Fast”

Cell Notes:

Welcome:

Welcome all members warmly. Take an extra moment again to welcome anybody who was absent last week, follow through from last week's list of absent members and enquire on those who have still not returned.

Interaction Point 1:

Enquire from members how has the fast been going? Take a moment to allow members to share their thoughts on fasting and also testimonies that have come through the period of fasting. Use these testimonies to encourage others to join in the fast.

Interaction Point 2:

As a church we are familiar with fasting and that can be a good or a bad thing. Good in the sense that we seek the face of the Lord and bad in the sense that we can become so religious in what we do that we lose the point and purpose of fasting.

We heard about “TRUE FASTING” on Sunday. Enquire from group as to:

a) What is true Fasting? Allow interaction

In the old testament, fasting was a period of time when no food was eaten and people would be in mourning (change into sackcloth – clothing used by mourners) and people approached God with humility and with sorrow for their sins and they would be urgent in prayer. People would fast during times of calamity **in order to focus their attention on God** and to demonstrate their change of heart and their true devotion. The principle behind fasting is still the same just that now it is not done with mourning but with rejoicing. Zech 8:18

The true fast is a fast of anything that keeps us from seeking the Lord. (not necessarily food).

God charges the Israelites in Joel 2:12-13, Zech 7:1-10; Isaiah 58:5-6, that our fasting should draw us closer to him, it should not be that we continue with our distracted lives.

b) Allow group to share on what they think are the some of the things that keep us from seeking the Lord?

Challenge the group to identify areas of their lives that keep them from seeking the Lord and fast from them. This fast should bring us closer to Him. The blessings of God will flow when we are closer to Him. Psalm 16:11

Announcements:

- 1) Church is Fasting 26 January – 15 February
- 2) Friday night 18h00 we will be meeting for Miracle Rally, invite friends, family, etc