

January 29

NEXT STEPS



Unplugging/Fasting

Isaiah 58

Questions to *Dig Deeper*:

1. What are the characteristics of the type of fasting Israel performs? (vv. 3-5) What are the characteristics of the type of fasting that is acceptable to the Lord? (vv. 6-7)
2. What is promised to those who fast in the way the Lord has chosen? (vv. 8-14)
3. Why will following the way of the Lord and not your own way result in joy in the Lord?
4. Bill mentioned that the Israelites were far more about ritual than relationship. Where is a place in your life that you can get more focused on the thing you are doing than the reason why you do it?
5. This week chose to fast or unplug in an intentional way. What will you fast from? How will you choose to unplug? What will you do with the added time back into your day? How might this help you grow in your faith?