

March 10

NEXT STEPS

 RIVER ROCK
CHURCH

I LOVE
MY CHURCH

REAL. RADICAL. ROOTED.

Rooted: Fasting

Matthew 6:16-18

Questions to *Dig Deeper*:

1. What did you know about fasting before today? What is one thing new you learned today?
2. Have you ever fasted before? If so, from what and for how long?
3. Bill talked about the liturgy of our lives. What liturgies do you see in your life? What do those liturgies say about your life? What meaning do those liturgies imply?
4. What type of fast are you considering?
5. What are you hoping to grow in or gain from your fast?