

WELLSPRING

W O R S H I P C E N T E R

Reset 21 Day Fast 1/15/2023

1. The Bible teaches the principle that the first portion of something carries a “redemptive portion”. In other words, when that first portion is given to the Lord, it places a blessing on the remainder. Do you believe that principle still has meaning for us today?
2. In terms of the word “seek”, what did you think of the Hebrew pictorial image of “making a well-worn path to a particular place”?
3. How do we know from Scripture that the concept of “returning to the Lord” is not only for backsliders and those far from God?
4. What did think of this statement, “Fasting does not earn things from God but it positions us in such a way to receive from God”?
5. In Matthew 6, when Jesus says, “When you pray...and when you give...and when you fast...” do you think it is a foregone conclusion that God expects believers would do those three things?
6. Biblical fasting positions us to receive:
 - Spiritual breakthrough
 - Fulfillment of God’s promises
 - Divine guidance and directionWhich of these three resonated with you the most?
7. Can you relate to the imagery in Isaiah 58:6 of having a “yoke” on your neck that harnesses your energy for some other purpose?
8. When Daniel read that God promised the Jewish people to be restored to their land after 70 years, why in year 69 did Daniel begin fasting instead of celebrating?
9. When in your life have you prayed like king Jehoshaphat when he said, “We do not know what to do but our eyes are on You”?