

Sunday Assembly Reflection

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REFLECTION: We have been called as a church to fast and pray together for three days beginning Monday with a focus on justice and hope, specifically that each of us would live justly and walk fully in the hope of Jesus. Don Harris spoke of many reasons Christians fast, both individually and corporately, and reminded us that in Scripture, fasting was taught by Jesus and considered a normal part of the believers lives – along with praying and giving to the needy (Matt 6:1-18, Acts 13:2). We were encouraged to participate in this corporate time of prayer and fasting, not because God will love us any more (because He already loves us completely) but in order to draw closer to God, and to hear from Him. We use hunger pains from whatever we've given up as a reminder to pray for justice and hope.

We were also reminded that fasting is not meant to be done under pressure, but willingly. And, as Don said, God is looking for willing hearts, not perfection in the execution.

QUESTIONS: Please pick one of the questions below to answer in your small groups; more if you have time. Be sure to pray for each other at the end.

1. In what area(s) have you been called to fast?
2. Think of injustices that you know exist and how you can personally and proactively advance justice.
3. What is one situation (a person, finances, the future, etc.) in your life that is a struggle in which to remain hopeful?

“When you practice some appetite-denying discipline to better concentrate on God, don’t make a production out of it. It might turn you into a small-time celebrity but it won’t make you a saint. If you ‘go into training’ inwardly, act normal outwardly. Shampoo and comb your hair, brush your teeth, wash your face. God doesn’t require attention-getting devices. He won’t overlook what you are doing; he’ll reward you well.”

Matthew 6:16-18 (The Message)

Sunday Assembly Reflection is written by Lake Highlands Church members for Lifegroups and individuals to receive more from the spoken Sunday Assembly message through reflection and quick discussion. It is published on the first three Monday's of the month. If you are interested in knowing more about a Lifegroup or have a question about the reflection, please contact Donjalea Crane, donjalea@lakehighlandschurch.org or contact one of our Lifegroup leaders by going to lakehighlandschurch.org/Lifegroup-listings.

Lake Highlands Church Sunday Assembly Sermons are published weekly as a podcast. They are available on iTunes and lakehighlandschurch.org.