

STARTER DISCUSSION

Did you attempt the Week of Rice, Beans & Water? Are you glad you did/ didn't? How did it go?

As a group, how are we planning to serve those in need? When? Who's organizing it?

BIBLE DISCUSSION

Read Isaiah 58:1-12

(Verses 1-5) God is speaking of Israel's seeming desire to know Him and His ways, yet they were not sincere. How was this clear from their actions? What do you think their motivation was for fasting? Where was their heart attitude wrong? How are we like this sometimes?

(Verses 6-12) What were the specific actions the Israelites were supposed to be taking during their fast? What does this tell us about the priorities in God's heart? What does this tell us about fasting with the right motives?

What are the benefits that Israel would have received from these right actions and right motives. What do you think is meant by the last two names mentioned?

(Psalm 51:16-18) How is this related to the principles found in Isaiah 58?

LIFE DISCUSSION

For those who attempted the week of rice, beans & water, what was the hardest part? The best part? Whether you did or didn't attempt the restricted diet, what did you learn about yourself? About hunger? About water? About wealth and poverty?

What is one attitude or perspective you hope to take away from this experience (or from Isaiah 58)?

What is one action you are committed to taking as an individual? What action can we take as a group?

Pray for each other.

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Our purpose is to bring glory to God by leading people to maturity in Christ.