



# UCJC REFLECTION QUESTIONS

SUNDAY, FEBRUARY 20, 2022 | SERIES: PRAYER - THE CATALYST

Fasting: What Is Our Response To This Kind - Minister Steve Mariner

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## Key Scriptures:

Mark 9:14-29 (NKJV), Isaiah 58:1-10 (NLT)

## Reflection Questions:

1. On the mount of transfiguration, the Father instructed the disciples to “Hear Jesus” (Mark 9). How are you making time and space in your life to hear Him?
2. In what ways might the disciplines of fasting and prayer help you with self control in other areas of your life?
3. We often think of fasting as losing something or giving up something. But what is *gained* in fasting?
4. What are the things that fight for your attention and time that hinder your prayer and fasting the most?

## Additional scriptures highlighting the various applications and impact of fasting and prayer:

Esther 4-5, 2 Chronicles 20, Luke 4, Acts 13:1-3

**Answers & Notes:** You can use the space below to write in, or type in on the pdf electronically: