



HEART ISSUES

01.24.2021 | FASTING OR FEASTING



KEY SCRIPTURES

Genesis 3:1-7

Matthew 4:3-11

ACTIVITY

**DO NOT DO THIS ACTIVITY
WITHOUT ADULT SUPERVISION!**

*Ask an adult to light a candle
for you.*

*If that candle gets blown on, it
goes out. The only way to keep
it lit is to keep it close to a
flame.*

*Often our doubts and fears are
like the wind trying to blow out
our fire.*

*Write down one doubt or fear
that you have about God and
ask an adult to burn it for you
with the candle.*

KEY POINTS

**WE GET BURNED OUT WHEN WE ARE NOT DOING ENOUGH OF WHAT
LIGHTS US UP!**

WE BURN OUT BECAUSE OF DOUBT, DISBELIEF, AND DISTRACTION.

WE FEAST ON FAITH AND FELLOWSHIP.

DISCUSSION QUESTIONS

RELATE:

How has the church fast been going for you? Share how well or how hard it has been.

READ/REFLECT:

Genesis 3:1-7 and Matthew 4:3-11

RESPOND:

What may be trying to make you doubt God and blow out your fire?

Have you ever been deceived to believe a lie?

Do you think the devil wants us to believe God? Why?

What tends to distract you from doing what you know you need to do?

What can you do to become more focused on what's important for you?

How did Jesus avoid the devil's temptations?

How can we have faith like Jesus?

Who are the people you need to stay close to that can help you stay on Fire for God?

Pray as a family.

ANNOUNCEMENTS:

Middle School Groups Start in February!

- Wednesday Nights @ 7PM in room 226 | Friday Nights @ 7pm ONLINE (on our Discord server) 📌



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