

Muscle Memory

“Road Block” – Jim Burgen

March 23-24, 2019

Group Creed

We come together as a Group with the goal of Spiritual Formation; encouraging one another to become the same kind of person that Jesus is, so that we can live out every part of our lives inside of His Kingdom.

Bible References: Matthew 6:12-18 and 1 Corinthians 9:27

Community:

1. What is the longest you've gone without food, and why?

Core:

1. Take a moment and read (or pray) through **Matthew 6:9-15**. What do you think about Jesus' prayer around forgiveness and forgiving others?
2. Jim asked, “What if the road block that keeps you from growing in your connection to God is that you're holding onto something you hope God will forgive you for, but you can't (or won't) forgive someone else for?” Has this been your experience and struggle?
3. Jim said, “Non-forgiveness is like drinking rat poison and waiting for the rat to die.” Is there someone (or something) you're struggling to forgive? And if so, how is that affecting your day-to-day existence and outlook on life?
4. **Read Matthew 6:16-18**. One of the best definitions for fasting is: Setting something aside (temporarily or permanently) in order to take hold of something better. How can fasting help someone “take hold of something better”?
5. If fasting is telling the body, “You work for me. I don't work for you”, what is one thing you need to fast from to make that clear?

Challenge:

Spend some time this week looking at that one thing standing in your way of (and blocking your connection to) God, another person or forgiveness. Think of one physical thing you can fast from (food, drink, TV, etc.). Then, fast this week and whenever muscle memory kicks in to break your fast, let it serve as a reminder to focus and pray on what's blocking those connections to God, another person or forgiveness.