

Habits of Grace; *David Mathis*

Discussion Questions- Noted by Hollyn Bedford

Chapter 10: Sharpen Your Affections with Fasting

- 1. What is Christian fasting? (p. 118)**
- 2. Are there different kinds of fasting? What are they? (p. 125) Are there other things you can fast from other than food? What are they? (p. 118, 125 - 126)**
- 3. What are the benefits/purposes of fasting according to Whitney? (p. 118 – 119)**
- 4. What is the difference between fasting publicly and fasting privately? (p. 119 – 120)**
- 5. When was the last time you fasted? How can you prepare to fast? (p. 120)**
- 6. Mathis says, “Only as we voluntarily embrace the pain of an empty stomach do we see how much we’ve allowed our belly to become our god.” What do you think of this statement? What are some other things we have allowed to become “gods?” (p. 121)**

- 7. What is feasting in the context of a spiritual discipline? (p. 120)**

- 8. What is the difference between regular feasting and spiritual feasting? (p. 120, 123)**

- 9. What is the benefit of fasting in correlation to spiritual feasting? (p. 123)**

- 10. What are the six pieces of advice Mathis gives for new fasters? (p. 124 – 126)**