



Things to Talk About and Reflect Upon

“Discipline, Devotion, Revival”

Points from Sunday’s Message

1. The theology and spirituality of Jesus are exceedingly practical.
2. The new covenant of Christ is a new way of life for His followers.
3. Nine truths about fasting under the New Covenant.
 - A. **First**, it isn’t required.
 - B. **Second**, it isn’t primarily about mourning and repentance.
 - C. **Third**, it is a discipline of devotion.
 - D. **Fourth**, it is a foil for our flesh.
 - E. **Fifth**, it helps us to seek and walk in the Spirit.
 - F. **Sixth**, it is a practice of preparation.
 - G. **Seventh**, it is paired with prayer for our mission.
 - H. **Eighth**, it is temporary, for this time until the arrival of Christ’s Kingdom.
 - I. **Ninth**, it is a weapon of our warfare.
4. Fasting readies us for battle and strengthens us for victory.

Key Verse:

But the days will come when the bridegroom will be taken away from them; then they will fast in those days.

— Luke 5:35

Discussion Questions:

1. In Luke 5:34–35, Jesus describes Himself as the bridegroom and His disciples as the wedding guests.
 - Why is it significant that Jesus compares His presence to a wedding feast rather than a fast?
 - How does this shape our view of joy and celebration in the Christian life?

Further Reading: John 3:28–30; Revelation 19:6–9

2. Pastor Miles noted that modern “fasting” from things like social media is really discipline, not the biblical fasting from food.
 - How do you see the difference between a discipline (like limiting media) and a devotion (like biblical fasting)?
 - How might both still play a role in your walk with Jesus? **Further Reading: Matthew 6:16–18**
3. The message highlighted that fasting humbles the flesh and strengthens the spirit.
 - What are some ways you’ve experienced the “battle” between flesh and spirit in your own life?
 - How could fasting help you gain greater spiritual clarity or control over your desires? **Further Reading: Galatians 5:16–25; 1 Corinthians 9:24–27**
4. Jesus used the parable of new wine in new wineskins (Luke 5:36–38) to illustrate the new covenant life.
 - Why do you think it’s often difficult for us to accept “new ways” of following Christ instead of clinging to the old?
 - Can you share an example of when God called you out of old habits or traditions into something new and life-giving? **Further Reading: Romans 12:1–2; 2 Corinthians 5:17**
5. Pastor Miles suggested fasting can be a tool of revival, drawing us nearer to God when our devotional lives feel dry.
 - Have you ever gone through a season of spiritual dryness? How did God renew you?
 - How could disciplines like fasting, prayer, or Sabbath be part of God’s revival in your own life and in our church? **Further Reading: Acts 13:1–3; Psalm 85:4–7**
6. Jesus taught that some battles are only won “by prayer and fasting” (Mark 9:29). Pastor Miles emphasized fasting as a weapon in spiritual warfare.
 - Where do you see spiritual battles happening most clearly today—in culture, in the church, or in your personal life?
 - What might it look like for you or your group to engage those battles through prayer and fasting?
 - **Further Reading: Ephesians 6:10–18; 2 Corinthians 10:3–5**

Use these blended questions for deeper personal reflection, prayer, or small group discussion.