



1. When it comes to decision-making, are you more of a “snap” decision-maker, a procrastinator, a “waffler” or something else?
2. Share about a “big” decision you are currently facing, or one you have recently made? How do you typically go about finding clarity? How aware have you been about those decisions aligning with God’s will for you?
3. Re-read Acts 13:1-3. What stands out to you about the Antioch church’s communal approach to fasting and discernment? If you’ve ever fasted (on your own or with others) what was your experience like?
4. Have you ever had a season where all your senses/circumstances were telling you one thing, but God was nudging you toward another? How did you tell the difference?
5. Fasting uses physical hunger as a "trigger" to re-direct our attention to God. We can use practices like going on a contemplative walk, memorizing Scripture, *lectio divina*, singing a worship song, praying a Psalm, sitting in silence, etc. to help us focus on God and increase our spiritual concentration. If you were to fast as a way to move from uncertainty to clarity, what practices would be most beneficial for you to increase your spiritual concentration?
6. For some, fasting from food isn't medically or emotionally wise. If you were to fast from something else (social media, noise/podcasts, shopping, etc.), what would be an effective, sacrificial thing to give up that would redirect your “hunger” toward God?
7. If you were to choose one window of time this week to "intentionally interrupt" your rhythm to listen to God, when would it be and what would you focus on?