

# Session 1: When You...

## **Key Scripture:**

Matthew 7:16-20

## **Opening Remarks:**

In the Sermon on the Mount, Jesus called those who wish to follow Him to action. He could have phrased His principles any way, but He started them with "when you." The implication is that followers are called to act out these principles daily to access the strength, peace, and joy of walking after Christ.

### Watch the Session 1 Video

### **Discussion Questions:**

- 1. Why did Jesus put such an emphasis on action?
- 2. How does acting out these principles change our perspective from consumers to followers in the church?
- 3. How can these foundational action principles change how we approach difficult situations?

### **Closing Remarks:**

Our faith is active. It requires investment and obedience in order to soar. The principles of fasting, praying, and giving provide the foundation for actively following Christ's teaching and tapping into the vast resources He provides for us.

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# **Session 2: When You Pray**

## **Key Scripture:**

Matthew 7:16-20

## **Opening Remarks:**

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### **Discussion Questions:**

- 1. Why did Jesus put such an emphasis on action?
- 2. How does acting out these principles change our perspective from consumers to followers in the church?
- 3. How can these foundational action principleschange how we approach difficult situations?

### **Closing Remarks:**

Our faith is active. It requires investment and obedience in order to soar. The principles of fasting, praying, and giving provide the foundation for actively following Christ's teaching and tapping into the vast resources He provides for us.

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# **Session 3: When You Fast**

### **Key Scripture:**

Matthew 6:16-18

## **Opening Remarks:**

Fasting can just be fasting, a removal of something from our lives without a real purpose or goal, but biblical fasting is an intentional discipline. Biblical fasting should draw us closer to God.

### Watch the Session 3 Video

### **Discussion Questions:**

- 1. What goals and focuses might you set during a fast?
- 2. How does "afflicting the soul" impact our relationship with God?
- 3. What can self-denial accomplish in a Christian life?

### **Closing Remarks:**

In a culture that is increasingly indulgent and consumeristic, self-denial and fasting remain a cornerstone of the Christian walk. Fasting exercises the required self-denial Jesus calls all His followers to partake in. When you fast you draw closer to Jesus' suffering. We know from Romans chapter 5 that suffering with Christ leads to hope, and hope does not disappoint.

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# **Session 4: When You Give**

## **Key Scripture:**

Matthew 6:2, 21

## **Opening Remarks:**

Service, charity, and giving are all an assumed part of the Christian walk. Jesus expected His givers to give of themselves, looking to future rewards, not the temporal ones. Charity gives us the opportunity to exercise our faith and love. Let's see what happens when you give.

### Watch the Session 4 Video

### **Discussion Questions:**

- 1. What does it mean to be a cheerful giver?
- 2. How can we develop a culture of giving in ourselves and in others?
- 3. What are the fruits of service and giving?

## **Closing Remarks**;

Consistent deeds reflect eternal values. Giving and service are opportunities for us to test our faith. The principles of charity must be grounded in love and evangelism. Our desire to love souls will be evident in our lifestyle of giving of ourselves, just as Christ did. Let the love of God shine through when you give.

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