

The Power of Fasting

Fasting for Breakthrough

Session Overview

This session explores fasting as a faithful response in moments where we recognise our need for God — moments of crisis, decision, or inner transformation. While we often think of breakthrough as something dramatic changing around us, Scripture shows that breakthrough frequently begins with something changing within us: clarity replacing confusion, courage replacing fear, and freedom replacing long-held patterns.

Rather than presenting fasting as a formula to get results from God, this session frames fasting as an embodied prayer — a posture of humility, surrender, and dependence. Through three biblical examples, we see how fasting has helped God's people seek Him more deeply, listen more attentively, and step forward more obediently in moments that required breakthrough.

Key Scriptures

- **Esther 4:15–17** – Fasting in a moment of crisis as preparation for courageous obedience.
- **Acts 13:1–3** – Fasting as a way to seek clarity and direction through worship and prayer.
- **Jonah 3:5–10** – Fasting as an expression of repentance and a turning toward God that leads to transformation.

Key Take-Aways

- Breakthrough does not always mean circumstances change; often it means *we* change first.
- Fasting is not a way to force God's hand, but a way to posture ourselves before Him.
- Scripture shows fasting is most often linked with surrender, listening, and obedience.
- Fasting can be appropriate in moments of crisis, decision-making, or personal transformation.

Discussion Questions

- 1. What are some situations that people might typically need breakthrough in?**
 - *Follow-up:* Why do you think we tend to picture breakthrough in those kinds of moments?
- 2. Where are you most in need of breakthrough right now?**
 - *Follow-up:* What has shown you that this is something you can't simply push through in your own strength?
- 3. Which of the three biblical examples resonated most with your current situation — Esther, the early church in Acts, or Nineveh?**
 - *Follow-up:* What about that story felt especially relevant to you?
- 4. What do these stories teach us about the *posture* behind fasting, not just the practice itself?**
 - *Follow-up:* How does this challenge or reshape your assumptions about fasting?
- 5. In what ways could fasting help create space for clarity, courage, or freedom in your life?**
 - *Follow-up:* What might it look like to fast with the intention of listening rather than demanding answers?
- 6. If fasting is an embodied prayer, what might God be inviting you to surrender or realign in this season?**
 - *Follow-up:* How could your group support you as you take a step of faith or obedience?

Tips for This Discussion

- **Encourage honesty** — breakthrough often begins with naming our true need.
- **Let people engage at their own depth;** not everyone will be in the same season.
- Keep reminding the group that fasting is about seeking God, not earning outcomes.
- **Listen carefully** for themes of courage, surrender, and dependence in one another's stories.
- **Hold space for hope** — God meets us faithfully when we turn toward Him.