

LEADERSHIP COACHING: SELFLESS

DISCIPLESHIP PHRASE: "WHO WILL I LIVE FOR?"

BIG IDEA FOR SERIES: LEARNING CRITICAL ASPECTS OF LIVING A SELFLESS LIFE.

Abiding [grow as a disciple yourself]

"There's something about fasting that sharpens the edge of our intercessions and deepens the passion of our supplications." Spiritual Disciplines for the Christian Life by Donald Whitney

Scripture gives us several examples of fasting, but few direct teachings on this topic. Fasting can be observed from the days of Moses when he ascended the mountain of the Lord to receive the Law. King David and many of the prophets fasted in mourning for the sins of Israel, and we even see the enemies of God fasting for repentance in the book of Jonah. Jesus laid out the expectation that His disciples would fast after He ascended to Heaven, yet this is rarely practiced by his followers.

Martyn Lloyd-Jones defines fasting as the "abstinence from anything which is legitimate in and of itself for the sake of some special spiritual purpose." Fasting can include many items but is most often expressed as the denial of food and drinks other than water for a set amount of time. As a spiritual discipline, fasting helps us to reduce our dependence upon the material world and recognize our dependence on God for all things.

Leading [learn to facilitate your group more effectively]

Fasting is one of the most recognizable practices associated with Lent. Fasting during lent focuses on a denial of our basic needs as we identify with the suffering of Christ. The deliberate denial of pleasure and the experience the pains of hunger gives a tangible illustration of Jesus who endured suffering to the point of death for us. Use this practice to help you identify with the suffering of Christ as He sacrificed His life so that we would be declared righteous by God.

Shepherding [know the sheep, feed the sheep, lead the sheep, protect the sheep]

Over the next week, we encourage you to do a fast with someone in your group from some or all food. If you are unable to fast from food, then pick something else of significance that you can sacrifice over the course of the week. Use this time to give you a greater understanding Jesus' sacrifice for you.

As you consider starting a fast, think of the following:

- Find someone to be a partner with you in your fast for mutual encouragement?
- Choose the best day for you to be able to fast and pick which meals you will sacrifice?
- Decided ahead of time if you will have juice, coffee, or other items besides water?

Refocus meal times into times of prayer and reading.

BackgroundPLUS® [a deeper dive into this week's story]

- This road was about 17 miles long, steep, and it was a very dangerous path to travel.
- Jerusalem is about 2300 feet above sea level and Jericho is about 1300 feet below sea level.
- The narrowness, the ravines, the almost inaccessible cliffs, the caverns, and the sudden turns in this road made it ideal for thieves to ambush travelers and steal their money.
- Travel was so bad that the road was named, "The Red Way or the Bloody Way."
- Jesus doesn't say, but in context probably a Jewish man. The lawyer would be familiar with this road called "The Red or Bloody Way" and this would make the parable very believable to him.
- Samaritans were despised by the Jews because of their mixed Gentile blood and their different worship, which centered at Mount Gerizim.
- **The Bible Project** - [Luke 1-9](#) [Luke 10-24](#)

"Every group deserves a great group leader..."

WEEK 4 - TOPIC: PRACTICE UNCOMMON GENEROSITY

TAKEAWAY: WHAT I GIVE AWAY IS THE STORY OF MY LIFE.

BE THE BLESSING.

Open in Prayer

Welcome/Introductions [Share [the topic](#) & [takeaway](#) this week from above]

Review from last week [Build in [accountability](#) to living it out]

How did you “sit at the feet of Jesus” this last week?

Review the Guidelines [Share [the guidelines](#) to set the rails for group time]

Ask a Hook Question [A thought-provoking question to [get the group focused](#)]

What is the strangest question you have asked or have been asked?

Share Background for the Story [Provide [context](#) to the story from the Bible]

In today’s story, an expert on the law tests Jesus about how to inherit eternal life. Jesus’ first answer speaks of loving God, while His second calls for loving people. After the lawyer questions Him further, Jesus illustrates the heart of His ministry through this parable, which is unique to Luke’s Gospel.

Jesus told this parable to correct the lawyer’s false understanding of who his neighbor was, and to clarify his responsibility to his neighbor. Jesus also wanted this lawyer to see how far short he fell of keeping the law so that he would realize his need for righteousness.

Share the Story: [Luke 10: 30 - 37](#) [Volunteer from last week [shares](#) the story]

Rebuild the Story [Invites everyone to [engage](#)]

Read from Scripture [[Read out loud](#) to see if anything was added or omitted]

Discussion Questions: [[Dive deeper](#), beyond the surface]

1. Who are the characters in the story?
2. How did the Samaritan show compassion? What was his attitude?
3. What would be said about your compassion and attitude about others?
4. Are you specifically looking for opportunities to be compassionate toward others?

Assign Next Week’s Story: No story next week. Separate group guide to come for next week

Prayer Requests [[Record](#), [share](#) & [follow up](#) throughout the week]

Closing Prayer [[Ask openly](#) for a volunteer]