



CONVERSATION STARTER

When is the last time you've spiritually fasted? What was your experience like?

DEEPER

Read Isaiah 58

1. How does this chapter expand our knowledge of what God actually desires from his people?
2. Are there any areas in your life where you feel you're simply going through the motions of religious activity (Bible reading, attending worship services, prayer, fasting, etc.), but lacking in weightier things like mercy, forgiveness, justice, grace, or compassion?
3. When reflecting on the "fast" that God describes and commands, what feels most uncomfortable or costly about it?
4. Are there people or situations you instinctively avoid because loving them would require discomfort, inconvenience, or risk?
5. What excuses do you personally default to when confronted with a need – and what might those excuses be protecting?
6. Why do you think God ties light so closely to justice, mercy, and compassion, rather than just belief or knowledge?
7. Read John 1:4-9 and Isaiah 42:6-7. How does Jesus fulfill what God's people failed to embody?
8. How does seeing Christ as the true Light reshape how we understand our role as "light of the world?"

9. In response, what is one specific, realistic step you feel prompted to take this week to let your light shine through love?

NOTES

PRAYER PROMPT

Pray for God to help you reflect on and apply what you've taken away from his Word.