WOODVALE
PENTECOSTAL CHURCH

Connect Group Sermon Aligned Discussion Guide.

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Series Title: When We Fast God's Way
Key Scripture: Isaiah 58:1–14
Recorded Sermon: www.woodvale.ca/pastservices/v/when-we-fast-gods-way
Date + Speaker: January 18, 2026 | Pastor Mark Scarr

The Big Idea:
Biblical fasting is less about outward performance and more about inward obedience. In Isaiah 58, God shows that true fasting realigns our hearts, transforms our attitudes and releases breakthrough, healing, guidance and restoration. When fasting flows from justice, compassion, humility and prayer, God moves mightily among His people.

Starter:
When you hear the word “fasting”, what emotions or thoughts come to mind? (Intimidation, curiosity, resistance, an expectation, etc.)

Discussion:

1. Read Isaiah 58:1–6
   God confronts His people for fasting outwardly while continuing inward disobedience and injustice.
   a. What surprised you about God’s response to Israel’s fasting?
   b. Why do you think it’s possible to practice spiritual disciplines without true heart change?
   c. In what ways can fasting become more about routine than relationship?

2. Read Isaiah 58:6–9
   God begins to describe “the fast He has chosen.”
   a. According to these verses, what does God care about most when His people fast?
   b. How does fasting God’s way shift our focus from ourselves to others?
   c. What stands out to you about the connection between fasting and answered prayer?

3. The sermon highlighted that some things will not change without prayer and fasting.
   a. Have you ever experienced a breakthrough (big or small) through prayer or fasting?
   b. Are there areas in your life or community where you’re praying for change that hasn’t happened yet?
   c. How does fasting help us depend more fully on God rather than our own strength?

4. Read Isaiah 58:10–12
   These verses describe the fruit of fasting: guidance, strength, refreshment and restoration.
   a. Which promise in these verses encourages you most right now?
   b. What does it look like to trust God for refreshment during “dry seasons”?

5. Read Isaiah 58:13–14
   a. Why do you think God connects fasting with joy and delight in Him?
   b. How does honoring God’s ways reshape our priorities and rhythms?

6. The sermon suggested simple rhythms of fasting:
- One meal per week
- One day per month

- One week per year
    a. Which of these rhythms feels realistic or challenging for you?
    b. How can fasting be approached with grace rather than pressure or guilt?

Diving Deeper:

7. Are there areas of your life where God may be inviting you to fast—not just from food, but from distractions, habits or attitudes?

8. How does fasting help expose areas where your heart needs realignment?

9. What spiritual disciplines (prayer, Scripture, worship, community) help you stay sensitive to God's voice?