

Small Group Discussion Guide

Sermon: "Hunger that Heals" • Series: *Fasting to Reawaken Faith*
Pastor Mel Baga, D.Min. • Jan 17, 2026

OPENING PRAYER

Jesus, meet us in Your Word. Unmoor us from control and re-anchor us in trust. Amen.

OPEN

As this year ends, what word best describes how you're arriving today? (tired, grateful, uncertain, relieved, hopeful, unfinished.)

READ

Matthew 4:1–4 twice (slow). Share one word/phrase that stood out.

DISCUSS

Pick as many as time allows

1. Why does the first temptation target hunger? What does hunger reveal in us?
2. "If you are the Son of God..." What pressure to prove yourself do you feel?
3. How do we "control" God—fitting Him into our framework so He feels predictable?
4. How does fasting break that—removing comfort on demand and exposing our limits?
5. What does Jesus mean by: "not by bread alone... but by every word from God"? What can bread never give?

PRACTICE

What can you do this week to help habituate you in the spiritual discipline of fasting?

- **A small fast:** Skip one meal or one comfort-snack time and use that space for a simple prayer: “Father, You are my life. Sustain me.”
- **A “control audit”:** Notice one area where you feel the need to manage outcomes (work, family, finances, ministry). Pray: “King Jesus, I release control and receive trust.”
- **Social-web unmooring:** Step back from one meal routine (or eating distraction) and use the distance to reflect: How deep are my relationships—do they hold when convenience is removed?
- **Solidarity practice:** Give (or serve) in a way that connects you to those who experience hunger by necessity—donate food, support a pantry, or serve a meal—and pray for “love distributed.”

REFLECTION

Where is Jesus inviting you to live less by “bread” and more by the Father’s sustaining Word this week?

7. CLOSING PRAYER

King Jesus, You met temptation without grabbing control. Teach us to trust the Father when we feel unsteady. Unmoor us from false comforts and false images of You, and re-anchor us in Your goodness. Make our hunger a doorway into deeper dependence, deeper love, and deeper solidarity. Amen.