



This week we continue on the topic of prayer, reading about how prayer and fasting work together.

Announcements:

Kid's Camp: June 21-23, Tuesday – Thursday 6PM to 8PM at New City

Attention all cadets (entering into grades K-6)! Get ready to blast off for an out of this world adventure!! Cadets will embark on action packed missions with games, science experiments, worship, food, and fun, fun, fun; all while exploring God's word! Launching June 21-23, 6-8pm at New City Church, with a special pre-launch party at Sister Cities Park on June 18, 2-4pm.

High School MOVE Conference. Durango, CO. July 3-8, contact Mark Nelson

Mark@newcityabq.org

Middle School MIX Conference, Glorieta, NM, August 1-4, contact Mark Nelson

Mark@newcityabq.org

What daily/weekly/monthly habit, good or bad, do you keep to without fail? What is the cause of you repeating this habit regularly? Why is it so easy to keep your good habits? Why is it so hard to break your bad habits?

Read Isaiah 58: 1-14

1. Why is Isaiah writing to the Jews about their habit of fasting? v3-4 What is the Jews practice of fasting? And what good or bad do you see in their practice?
2. What does Isaiah ask to 'choose' in the Jews fasting? Vv5-7 Does this 'choosing' apply to believers today?
3. What is the result of fasting in vv-8-9? Have you ever experienced God moving in your life from this kind of fasting?
4. Have you ever practiced fasting before? What prompted you to fast? What was your experience in your fast?
5. What in ABQ do you see/feel/experience that might cause us to want to fast?