St. George on Yonge
Anglican

CONNECT GROUP – OCTOBER 19, 2026

Practising the Way of Jesus
Generosity Reflection & Introduction to Fasting

Welcome and Fellowship

Let's reconnect and share how God has been working in our lives.

Opening Prayer

Heavenly Father,
Thank You for Your love, mercy and generosity toward us, and above all for the gift of Your Son, Jesus Christ. Thank You for teaching us through the practice of Generosity over the past two weeks. As we begin learning the practice of Fasting, open our hearts to understand Your purpose for it. Holy Spirit, give us the willingness, wisdom and strength to follow Jesus' example, so that everything we do may glorify our heavenly Father.
In Jesus' name, Amen.

Reflection on the Practice of Generosity

Over the past two weeks, we have intentionally practised generosity—not simply by giving money, but by offering our time, resources, attention and care to others.

Discussion Questions

1. What was your experience of intentionally practising generosity over the past two weeks?
2. What helped you remain consistent? What made it difficult?
3. Did you experience God speaking to you or prompting you in any way?
4. What difference did this practice make in your daily life?
5. Did practising generosity help you loosen your grip on what you consider *"mine"* and begin seeing it as *"Yours, Lord"*?

Generosity is a way of living with **open hands before God**. The goal is not simply to become more generous people, but to become more like Jesus.

Key Question: How did intentionally practising generosity help you become more aware of God's presence and work in your life?

Scripture Reading and Reflection - Fasting Before Our Heavenly Father

Matthew 6:1

"Watch out! Don't do your good deeds publicly, to be admired by others, for you will lose the reward from your Father in heaven.

Matthew 6:16

16 "And when you fast, don't make it obvious, as the hypocrites do, for they try to look miserable and disheveled so people will admire them for their fasting. I tell you the truth, that is the only reward they will ever get. **17** But when you fast, comb your hair[d] and wash your face. **18** Then no one will notice that you are fasting, except your Father, who knows what you do in private. And your Father, who sees everything, will reward you.

Reflection: What does Jesus teach us about the importance of our motives when we give, pray or fast?

Introducing the Next Practice: Fasting

We fast because Jesus taught and modelled it.
Fasting means intentionally going without food for a period to seek God. It is not a diet or simply giving up a habit.
We do not fast to impress others, earn salvation or force God to act. We offer ourselves to Him in worship, prayer, humility and surrender.

Fasting engages our whole person and helps us grow in four areas:

- **HEART — Devotion:** Express our worship, repentance, love and surrender to God.
- **MIND — Prayer:** Focus our attention on God through prayer, Scripture and discernment.
- **WILL — Surrender:** Practise self-control and depend upon the Holy Spirit to overcome sinful desires.
- **LOVE — Compassion:** Express our devotion through generosity, mercy and care for others.

The goal: To develop a regular rhythm of fasting that helps us turn toward God, deepen our dependence on Him and become more like Jesus.

Fasting itself does not transform us. The Holy Spirit is the One who transforms us as we respond to God in faith and obedience.

Discussion Questions — Preparing to Practise Fasting

1. Have you ever fasted for a spiritual purpose? What has been your understanding or experience of fasting?
2. Jesus said *"when you fast,"* not *"if you fast."* What does this teach us about following His example?

3. Which of the four purposes—**Heart, Mind, Will or Love**—do you most want to develop in your relationship with God?
4. What concerns or practical challenges might make fasting difficult for you?
5. What simple, realistic step could you take over the next two weeks to begin incorporating fasting into your Rule of Life?

Rule of Life Commitment — The Next Two Weeks

For the next two weeks, begin developing a simple and sustainable rhythm of fasting.

If fasting from food is medically appropriate for you:

- Start small by fasting from one meal on a chosen day each week.
- Keep drinking water and use the time normally spent eating for prayer and Scripture.
- When hunger comes, pause and turn your thoughts toward God.
- Ask the Holy Spirit to reveal attitudes or desires that need to change.
- Consider using the money saved from a meal to help someone in need.

If food fasting is unsuitable for health reasons, choose a safe alternative way to devote time to prayer, worship and generosity. There is no pressure to undertake an unsafe fast.

Personal Reflection: After each practice, consider:

- What did my experience reveal about my dependence on God?
- What did I learn about myself?
- How can I respond in obedience to the Holy Spirit?

Please use the attached Fasting Workbook to guide your learning and practice.

Remember: The goal is not simply to complete a fast. It is to develop a way of life in which we increasingly depend upon God and allow the Holy Spirit to make us more like Jesus.

Closing Prayer

Heavenly Father,
As we begin learning to fast, teach u**s** to seek You with sincere hearts, not for recognition or personal gain, but out of love and devotion to You.
Help us to surrender our desires, distractions and dependence on worldly comforts, and to turn toward You in prayer whenever we experience hunger.
Give u**s** wisdom, discipline and discernment to begin this practice in a way that honours You.
May our fasting lead us into a deeper relationship with You and greater love for others.
Continue transforming our hearts, minds and lives so that we become more like Jesus and bring glory to our heavenly Father.

In Jesus' name, Amen.

We look forward to connecting with you again on Monday, November 2, 2026!