

MARY'S MANTLE QUESTIONS

THE UNTAPPED POWER OF FASTING TO CHANGE OUR LIVES AND LOVED ONES

- 1) What stood out to you from the video? Why?
- 2) Was there a virtue or a gift this week that challenged you, surprised you, inspired you, or spoke to you in some other way?
- 3) Do you feel called to make fasting a regular spiritual practice for yourself? How often do you feel called to fast?
- 4) What are some of the fears, habits, or other blocks that have kept you from fasting or fasting more?
- 5) Why do you think Jesus placed fasting in the same context as prayer and giving?

