

FOCUS: Our **40 Days of Decrease** is the pursuit of a different kind of fast creating a different kind of hunger. It is a call to fast things like *regret, pride, resentment*, and more so that we increase our pursuit of God and His Kingdom. This week, we focus on learning about decreasing from Jesus.

1. Based on the fasting challenges from Days 5-10, which have been most challenging or enjoyable? How has it drawn you closer to God or felt like a project?
2. Meditate on John 13:1-17 by reading it two times through. Now place yourself in one of three scenes (v. 1 / v. 2-11 / v. 12-17), as if you were standing next to Jesus. Then describe what you are feeling.
3. Laurie Short, Sunday's speaker, shared that **"When our identity is secure, we can love and serve freely."** Revisit the first and second scene. What did Jesus know and how do you think this impacted His ability to love and serve? What holds you back from serving others -- knowing who you are or lacking love? And how are they interrelated?
4. In v. 15 Jesus states, *"I have set you an example that you should do as I have done for you."* How do you feel about your ability to do this? What do you think God would say to you about this?
5. What kind of decrease would need to happen in your life for you to serve in the manner Jesus did? How might this act of service result in blessing as promised in v.17?

CALL TO ACTION

- a. Serve another out of love.
- b. Use this prayer to help you do it. ***May You, Lord, become greater and I become less.***
- c. Complete fast challenges from **40 Day of Decrease** (Days 11-16) to draw closer to God