

Read Genesis 2:4-17

1. God created the world to be beautiful and abundant for humanity to enjoy and prosper. How does this original purpose of creation inform the way we live as Christians in Toronto?
2. According to Eastern Orthodox views, original humanity was created perfect and innocent. Like newborn infants, we weren't ready for the responsibility to govern the world as co-regents with God. Hence, God imposed a temporary fast from the tree of the knowledge of good and evil. Only when we were ready, we could take from the tree.

Have you heard of this perspective before? What do you think about this Eastern Orthodox view?

Read Genesis 3:16-19

3. Since our ancestors broke their fast and ate from the tree, God imposed a yet longer fast and life couldn't be enjoyed as we once did. Pain, suffering, futility, and hard labour became the universal human condition.

How do we as a society try to cope with this experience? What are some ways people in Toronto fill themselves up?

Read Matthew 4:1-11

4. Jesus kept the fast and denied the devil's temptations. Because of Jesus, the Feast of Heaven awaits those who put their trust in Him. But until then, we've been called to fast. Why does Jesus still expect us to fast as His followers? How are we to practise fasting today?
5. What do we as a city love to indulge in? How can we fast from these things for a moment so we can feast in Christ?
6. Read Isaiah 58. Fasting has social implications. What does "the kind of fast" that God chose (v. 5) look like for us at Little T? How can we encourage each other towards true fasting?