

# Less of me a sermon series on fasting

✧ Eastview Church

Sermon Study - 1.18.2026

## Leader's Corner

Less for More

John 2:13-17 (NLT)

In John 2, Jesus reveals a side of holy zeal as He clears the Temple—not because commerce existed, but because access to God was being crowded out. This moment reframes our digital lives, exposing how constant noise, distraction, and stimulation can quietly displace God's presence within us. As modern "temples," we are invited to fast digitally so we can abide deeply and be re-formed by Christ rather than by algorithms.

### Main Idea:

What fills our "temple" shapes what grows there—so we must intentionally clear space for God in a digitally noisy world.

### Main Passage:

John 2:13–17 (NLT)

### Main Practice:

A digital fast that removes key distractions in order to restore attentiveness, prayer, Scripture engagement, and abiding in Christ.

## Prayer and Praise

### Themed Liturgical Prayer:

Holy and Zealous God,

You are not indifferent to what crowds our hearts or distracts our devotion.

Cleanse the temples of our lives—quiet the noise, overturn what competes with You,

and restore us as places of prayer, presence, and fruitfulness.

Teach us to abide, to watch, and to be transformed by Your Word rather than shaped by the world.

We offer You our attention, our habits, and our desires—

less of us, more of You.

Amen.

### Worship Song Suggestions:

- "Clear the Stage" – Jimmy Needham
- "Abide" – Aaron Williams / Heritage Worship

## Group Discussion

1. Review Question: In your own words, what stood out most to you from this week's sermon, and why?
2. Why was Jesus so passionate about clearing the Court of the Gentiles in John 2? What was truly at stake?
3. The sermon said, "What became convenient slowly crowded out worship." Where do you see this happening in modern life—or in your own?
4. How does viewing ourselves as the Temple of the Holy Spirit change the way we think about digital habits?
5. Which category resonated most with you—the good, the bad, or the ugly of digital technology? Why?
6. Jesus unplugged at the height of His popularity (Mark 1:35). What does that teach us about success, rest, and abiding?
7. Romans 12:2 warns us not to copy the patterns of the world. In what ways do algorithms shape our thinking more than Scripture?
8. Peter calls believers to stay alert (1 Peter 5:8). How does distraction weaken spiritual vigilance, and what helps restore it?

## Practice

This week is not about punishment—it's about freedom and formation.

### **Practice Together:**

- Complete the 24-hour fast from your biggest digital distraction.
- Begin experimenting with device-free meals and phone-free bedrooms.
- Identify what surfaces emotionally, spiritually, or relationally during the fast.
- Journal moments of discomfort, clarity, temptation, or peace.

### **Reflection Prompt:**

What did the absence of digital noise reveal about your desires, fears, or dependencies?

Encourage the group to see fasting not as removal alone—but as making room.

## Further Study

### **Secondary Scripture Passages:**

- Psalm 46:10 – Stillness before God
- 1 Corinthians 6:19–20 – Your body as God's temple
- Colossians 3:1–3 – Setting minds on things above
- Hebrews 12:1–2 – Laying aside what hinders
- Deuteronomy 8:3 – Living by God's Word

### **Reflective Questions for the Week:**

1. What patterns in my life are shaping me most right now?
2. When do I instinctively reach for my phone instead of God?
3. What would it look like for me to engage Scripture 4x this week?
4. Where might God be inviting me to set stronger boundaries—not out of fear, but wisdom?
5. How could my digital habits either help or hinder others from drawing near to God?

### **Closing Encouragement:**

This fast isn't about being extreme—it's about being intentional.

Less noise. More presence. More fruit.