



Do Not Disturb: Part 2 - Discussion Questions "More of Nothing" // Joel Thomas

1. How do the 35,000 daily decisions we make affect your sense of peace, focus, or connection with God?
2. How do you typically respond to feeling overwhelmed—escape, overwork, ignore?
3. In what ways could fasting—whether from food, tech, or another dependency—help create spiritual margin in your life?
4. Is there something God might be asking you to subtract before He adds something new?
5. Jesus warned about doing spiritual practices “to be seen”—how can we fast (or pray, give, etc.) in a way that honors God rather than ourselves?