



LIFE GROUPS 2020

NLC LIFE GROUP STUDY | PRAYER AND FASTING

Week of JANUARY 5, 2020

Life Group Schedule

30 MIN Eat, Meet & Greet

15 MIN Ice Breaker Game: **Ball Toss**. ITEMS NEEDED: A large beach ball or bouncy ball. INSTRUCTIONS: Write several questions on the ball (Examples: “Describe yourself in one word,” “biggest strength,” “biggest weakness,” “favorite vacation spot,” “favorite place you WANT to go but have never been,” etc. Be creative! Outlandish questions are fair game! Examples: “If you could ride one animal 100x its size into battle, what would it be?” “If you could squirt one condiment out of your belly button, what would it be?”) Before playing, set a rule for which question to answer (Example: Answer the question that your left thumb touches). Players pass the ball around and answer the question they’re left thumb lands on (or whatever rule you put in play).

TRANSITION: As you’re gathering, spend some time in **WORSHIP & PRAYER**.

45 MIN | PRAYER & FASTING

SCRIPTURE REFERENCES: MATTHEW 21:13; JOHN 1:23; JOB 3:26; 1 CORINTHIANS 14:33, 40; MATTHEW 26:39; PSALM 46:10

FASTING NOTES

- Prayer and Fasting is intimidating.
- Fasting in the Bible is almost exclusively about food.
- Fasting will get you ready for what God is working on around you. **SEE DANIEL 9:3–5**
- Fasting is not a casual approach to God. See **JOEL 2:12-13**
- Prayer and Fasting will have you searching the Word of the Lord. **SEE 1 JOHN 5:14**
- Prayer and Fasting is for the weak, not the strong. **SEE JAMES 34:8**
- Fasting is the best thing you can do for your family. **SEE JOB 1:5**
- Fasting doesn’t earn you points from God. **SEE EPHESIANS 2:8–9**
- Fasting is a sacrifice that leads to sorrow of sin. **SEE PSALM 51:17, PHILIPPIANS 3:7–8; PSALM 34:18**
- Fasting is an invitation, not a requirement.

HOW TO GET READY FOR A FAST

1. STEP 1: Set Your Objective

Q1. Why are you fasting?

- > Spiritual renewal
- > Guidance
- > Healing
- > Solution to a problem
- > Relationship
- Fast, but don’t force God, and trust Him with the answer.

2. STEP 2: Make Your Commitment.

Q2. What are you committing to? Write it down:

- > What you're fasting from.
- > What you're fasting for.
- > Who you'll be accountable to about it, and check on each other daily. Pray for your accountability partner, as well.

3. STEP 3: Prepare Yourself Spiritually.

- This fast is about God, not about what you're not eating.
- There are some things you will never get if you never fast.
- **SEE MATTHEW 6:33**

TAKE PRAYER REQUESTS AND PRAY OVER NEEDS