

REDEEM CHURCH LIFE GROUP DISCUSSION GUIDE -Fall Session Kick Off
Prayer With Fasting - Wk Of October 7th 2018

IF NEW MEMBERS ARE PRESENT:

- Have everyone introduce themselves & answer the following questions:
Q? How did you get introduced to Redeem Church?
Q? Why do you feel the Life Group is something to participate in?

IF ALL FACES ARE FAMILIAR:

Q? What are you hoping to give to and get from this session of Life Groups?

*** Read the following review & reminder of where we are headed as a group:**

We are kicking off our fall session of Life Groups with our new sermon series ***“The Church Empowered”*** Over the next 8 weeks we would like everyone to make a firm commitment to attend & engage in both the Sunday am services & the Life Groups as we are believing that the Holy Spirit is going to do something very special in us individually & corporately through this call to prayer with fasting while walking through the book of Acts together.

Remember fasting is not required & those who choose to fast should be led by the Holy Spirit in deciding what it is going to consist of. No judgment, no shame or comparing, just an invitation to enter an exciting opportunity for supernatural growth!!

Discussion Questions

Q? Have you ever participated in a fast coupled with prayer? What were the results? _____

*** Read Aloud - Acts 13:2-3** *While they were worshiping the Lord and fasting, the Holy Spirit said, “Set apart for me Barnabas and Saul for the work to which I have called them.” 3So after they had fasted and prayed, they placed their hands on them and sent them off.*

Note: In the account we just read, there were other men present & participating in this fast, but the Holy Spirit revealed the two that God chose for this specific mission. Notice also that “fasting” was mentioned twice, along with “worship” and “prayer”.

Q? From this passage what can we learn about the effect fasting has & how can we apply the lessons to our own lives? _____

Q? Any other observations from the passage?

*** Read Acts 14:21-23 Aloud**

Q? What observations do you make from this passage regarding the idea of prayer & fasting? How was this different from the previous passage? _____

Q? What personal applications can be gleaned from this passage? _____

Read Aloud Matthew 6:5-18 (*As this is read aloud, notice how Jesus ties in our relationships to people, the motives of our hearts & the methods in which we pray & fast*)

Q? Do you see anything here that helps you better understand the kind of fasting & prayer that pleases God & produces fruit? _____

Q? Any final observations, ideas or questions from this passage or tonight's discussion? _____

Q? Off the top of your head, what would be one or 2 of your most desired outcomes from this season of prayer with fasting? _____

Challenge: From now until Sunday October 14th we are all invited to:

- Pray about what God would have you fast **FROM**
- What prayer targets He is calling you to fast **FOR**
- When you will schedule times to meet with God & others to pray?
- Commit a few minutes or more daily to pray with sincerity & expectation over any of the Redeem Church Prayer Targets you feel led to. (*These 10 targets are listed on the Card and the Redeem Church App*)

*** Close The Group Time By Praying For This Fast & Anything Else You Feel Led**