

teach us to fast

SMALL GROUP GUIDE

SESSION 1 — Awakening A Hunger for God

Theme:

Growing a deeper hunger for God, realigning our hearts, reclaiming identity, and discovering spiritual strength.

Scripture Reading:

- **Matthew 5:6** — Hunger for righteousness
- **Psalms 51:10–12** — Create in me a clean heart
- **2 Corinthians 5:17** — New creation identity
- **Ephesians 3:16** — Strength in the inner being

Fasting exposes what we've been feeding on spiritually and awakens a deeper desire for God. Repentance is not shame; it is healing and renewal. As God clears away the noise and clutter of our inner life, He speaks identity over us—reminding us we are His. Spiritual strength grows not through striving, but through dependence on the Holy Spirit.

Discussion Questions:

1. Describe a time in your life when you were hungry for God? How did you respond? How did God?
2. How has fasting revealed anything about your own patterns, priorities, or cravings?
3. What is one area in your life that has needed repentance or realignment to God?
4. Which identity statement in Christ resonated with you most this week? Why?
5. Where do you sense God strengthening and feeding you during the fast?

Application:

- Choose one Scripture from this week to memorize and pray daily.

Prayer Focus

- Share what you are fasting and what you are believing God for.

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SESSION 2 — Praying for Others

Theme:

Fasting shapes how we pray for others—family, church community, and those far from God.

Scripture Readings:

- **Colossians 1:9–12** — A prayer for spiritual growth
- **1 Corinthians 12:24–27** — The unity and purpose of the church
- **John 6:44** — The Father draws people to Himself

God places people in our lives intentionally—family, church, and those far from Him. Fasting gives us clarity and compassion to intercede with greater focus. In prayer, God softens hearts, builds unity, and prepares relationships for spiritual impact. Our role is not to save our “One,” but to pray, love, and walk alongside them with expectation.

Discussion Questions:

1. Who has most shaped your prayer life, and how did their example impact you?
2. What requests or scriptures tend to lead your prayers when you pray for your family?
3. How has fasting changed the way you see your church community?
4. Who is your “ONE,” and what is God showing you about them?
5. New Community teaches that reaching your “ONE” includes praying, serving, sharing with and inviting your ONE. What is the best next step for you in that relationship?

Application:

- Pray the Colossians 1 prayer over someone daily this week.
- Take one intentional step to serve or encourage someone in your church.
- Reach out to your ONE (act of kindness, word of encouragement, invite to church).

Prayer:

- Pray for your ONES together

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SESSION 3 — Freedom & Purpose

Theme:

Experiencing breakthrough from bondage, trusting God's provision, and rediscovering God's purpose for our lives.

Scriptures:

- **Isaiah 58:6** — The fast that brings freedom
- **Philippians 4:19** — God supplies every need
- **Jeremiah 29:11–13** — God's plans for our future

Fasting brings things to the surface that God wants to heal. Breakthrough comes through surrender, not striving. Provision is more than finances—it is peace, wisdom, and strength for every need. Purpose is not a destination but a direction God renews daily as we seek Him wholeheartedly.

Discussion Questions:

1. Where do you struggle most to trust God's provision (finances, relationships, future)?
2. Did God reveal any area needing breakthrough? How did you respond?
3. How does fasting help remove distractions from pursuing God's will?
4. What part of God's purpose for you feels clear right now? What feels unclear?
5. What is one step of obedience God may be inviting you into?

Application:

- Identify one area of breakthrough you are seeking from God and one next step He is asking you to take.

Prayer:

- Pray together over each area of need and breakthrough.

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SESSION 4 — Mission & Lifestyle

Theme:

Seeing people as God sees them, expecting God to move through your life, and building a lifestyle of prayer.

Scriptures:

- **Matthew 9:36–38** — Compassion that leads to mission
- **2 Corinthians 5:16-20** — Being God’s ambassadors of reconciliation
- **Habakkuk 1:5** — God doing the unbelievable
- **Mark 1:35** — Jesus’ rhythm of prayer

Fasting sharpens our compassion and mission. It reveals the spiritual needs around us and equips us to be his ambassadors in this world. As the fast concludes, we look back with gratitude and forward with expectation. The ultimate goal of fasting is not 15 days—it is a **lifestyle** of prayer, surrender, and intimacy with Jesus.

Discussion Questions:

1. What is one need in our community or world that breaks your heart right now?
2. How is God inviting you to take part in his mission of reconciliation to the world?
3. Looking back over the fast, what has God changed in you?
4. What spiritual habit or rhythm do you want to continue after the fast?
5. What are you expecting God to do next—in you or through you?

Application:

- Identify one person or need to serve in the coming week.
- Write down three expectations you are believing God for this year.

Prayer

- Thank God for what He has changed in you through this fast and pray with expectation for this year.