

WEEK 1: JANUARY 1-5

DISCIPLESHIP GROUP LESSON

MEETING AGENDA



1. **OPENING PRAYER** - Ask one person to open the meeting in prayer.
2. **GROWTH QUESTIONS** - Ask everyone the Growth Questions.
3. **ATTENDANCE** - Take attendance through the DG Attendance System.
4. **TODAY'S LESSON** - Go over this week's DG lesson.
5. **GIVING** - Encourage everyone to give on the App.
6. **CLOSING PRAYER** - Ask for prayer requests and pray.



GROWTH QUESTION #1

Who would like to share a highlight, praise report, or testimony from this week?



GROWTH QUESTION #2

What did you learn from this week's sermon?



GROWTH QUESTION #3

What was your most important accomplishment this week?

WHY FAST

TODAY'S PASSAGE:

*Matthew 6:16-18 (NLT) - 16 "And **when you fast**, don't make it obvious, as the hypocrites do, for they try to look miserable and disheveled so people will admire them for their fasting. I tell you the truth, that is the only reward they will ever get. 17 But **when you fast**, comb your hair and wash your face. 18 Then no one will notice that you are fasting, except **your Father, who knows what you do in private**. And **your Father, who sees everything, will reward you**.*



INTERACTIVE QUESTION

What did you learn from what we just read?

INTRODUCTION:

- As we begin this new year, we are committing all of it totally to God. It's important to remember, whatever we commit to God will be blessed and prosper. Whatever we withhold from God will lack His supernatural favor and blessing.
- One of the primary ways we can commit our year to God is by participating in our corporate 21-Day Fast. Let's take a look at what a fast is, what Jesus says about fasting, and the impact it can have in our lives.



QUESTION #1

What is a fast?

- DEFINITION – fast: voluntarily abstaining from food for a spiritual purpose
- When we fast, we are putting our own desires aside in order to be led by the Holy Spirit in a greater way.
- Fasting allows us to discipline our bodies (flesh) to be in submission to the spirit.
- Fasting must be paired with prayer. Otherwise it's just a diet, not a spiritual practice.



INTERACTIVE QUESTION

Have you ever fasted before? If so, what were the results? If not, are you ready to commit to the fast this year? What are some results you are hoping to see through fasting this year?



QUESTION #2

What does The Bible say about fasting?

- Jesus made it clear that He expects us to fast (Matthew 6:16).
- Fasting should become a regular practice in our Christian lives.
- When we fast, we should do so with the right heart.
- God knows our hearts. We shouldn't fast so that we can appear holy and righteous.
- We fast for the sole purpose of drawing closer to God and hearing him clearer.



INTERACTIVE QUESTION

Why do you think Jesus expects us to practice the spiritual discipline of fasting in our Christian walk?



QUESTION #3

What happens when we fast?

- God will reward us when we fast (Matthew 6:18).
- DEFINITION – reward: a return, benefits, honor, profit, gain, a crown, authority
- When we fast, we can expect a return from God.
- God always rewards us when we make sacrifices to draw nearer to Him.
- When you fast with the right heart, it is never in vain.
- One of the rewards of fasting is a better ability to hear God's voice and direction!

Acts 14:23 (ICB) – They chose elders for each church, by praying and giving up eating. These elders were men who had trusted the Lord. So Paul and Barnabas put them in the Lord's care.

- In the early church, they prayed and fasted in order to hear God more clearly.
- In our lives, we may face some difficult decisions where we need some clear and specific instruction from God. This is a great time to fast and pray!
- One of the greatest skills we can ever develop in life is the ability to hear God's voice. Fasting and praying allows us to grow in this area!



INTERACTIVE QUESTION

Why is hearing God's voice one of the most important skills we can develop in life?



CLOSING QUESTION

What is one thing from today's lesson that you will apply this week?

GIVING



All tithers have open windows of blessings over their lives.

Malachi 3:10 (NLT)

Bring all the tithes into the storehouse so there will be enough food in my Temple. If you do," says the Lord of Heaven's Armies, "I will open the windows of heaven for you. I will pour out a blessing so great you won't have enough room to take it in! Try it! Put me to the test!

Encourage everyone to give their tithes and offerings.

PRAYER



QUESTION #1

Who are you praying for to be saved?



QUESTION #2

Who can you invite to the next meeting?



QUESTION #3

What are your prayer requests?