

TALK IT OVER

First Things First

Week 2: *First of Our Year*

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Icebreaker: What's one thing you do every day that would be really hard to give up?

Matthew 6:33 (NIV) But seek first his kingdom and his righteousness, and all these things will be given to you as well.

Fasting – the habit of abstaining from food for a specified time for spiritual purposes.

Types of Biblical Fasting

✓ Defining Moment Fast

Acts 13:2-3 (NLT) One day as these men were worshiping the Lord and fasting, the Holy Spirit said, "Appoint Barnabas and Saul for the special work to which I have called them." So after more fasting and prayer, the men laid their hands on them and sent them on their way.

✓ Turning from Sinful Choices Fast

1 Samuel 7:3-6 (NIV) So Samuel said to all the Israelites, "If you are returning to the Lord with all your hearts, then rid yourselves of the foreign gods and the Ashtoreths and commit yourselves to the Lord and serve him only, and he will deliver you out of the hand of the Philistines." So the Israelites put away their Baals and Ashtoreths, and served the Lord only. Then Samuel said, "Assemble all Israel at Mizpah, and I will intercede with the Lord for you." When they had assembled at Mizpah, they drew water and poured it out before the Lord. On that day they fasted and there they confessed, "We have sinned against the Lord."

✓ Seeking Clear Direction Fast

Daniel 10:1-3 (NLT) In the third year of the reign of King Cyrus of Persia, Daniel (also known as Belteshazzar) had another vision. He understood that the vision concerned events certain to happen in the future—times of war and great hardship. When this vision came to me, I, Daniel, had been in mourning for three whole weeks. All that time I had eaten no rich food. No meat or wine crossed my lips, and I used no fragrant lotions until those three weeks had passed.

Daniel 10:12 (NLT) Then he said, "Don't be afraid, Daniel. Since the first day you began to pray for understanding and to humble yourself before your God, your request has been heard in heaven. I have come in answer to your prayer."

First of Our Year: 21 Days of Prayer and Fasting

1. Consider Pursuing God for 21 Days

Join us on this journey by committing to pray and fast for 21 days, Feb 15 - Feb 4

2. Determine What to Fast For

This may be a Defining Moment Fast, a Turning From Sinful Choices Fast, a Seeking Clear Direction Fast, or something entirely different.

3. Choose What to Fast From

In most the Biblical examples we have, people gave up some type of food and/or drink. While it can anything you choose, we encourage you to seem God and ask Him if He has anything He'd like you to fast specifically.

Discussion Questions

- ✓ Is there anything that you have deprived yourself of for a period of time?
- ✓ If so, how did you feel throughout the time of fasting or deprivation?
- ✓ If so, how did it feel once you completed the 'fast'?
- ✓ What is something that would be really hard to give up for 21 days?
- ✓ What are you hoping that God will do in your life this year?
- ✓ Where would you like to be in your relationship with God a year from today?
- ✓ What are some steps/habits that you can incorporate now to move in that direction?