

# Main Street Church - Life Group Guide

Series: **PRAY FIRST**

## Part 1

January 8, 2017



### Connect (15min)

#### Welcome Back!

- a. What is 1 highlight for you from your Christmas Holiday season?
- b. What is 1 thing you are looking forward to in 2017? (An Adventure, Challenge, Opportunity, Change...)

### Check-In (10min)

- a. **Confirm** your Group's regular meeting day/time/location and contact info for 2017.
- b. **PRAY FIRST Series: Does everyone have a Pray First devotional booklet from Sunday?**
  - \*Please bring it with you to each Life Group meeting this month.
  - \*Pick one up at the office, or download a copy of the 2017 version from the church [website](#).

#### c. Invite Jesus:

**JESUS** – *You God Himself, but you also became the ultimate human. In your humanity you modeled a life of prayer & fasting so that we can learn from you, apply this to our lives, and actually experience and understand more of who God IS, and the amazing work You are DOING.*

*Please teach us, lead us and change us during these 21 days of prayer & fasting as a church.*

*May Your Kingdom come and Your Will be done. In Your Name we pray, Amen.*

### Sunday Message Feedback (35-45min)

#### 1. Finish these statements (with 1-3 words):

“My recent experience with **prayer** has been \_\_\_\_\_.”

“My experience with **fasting** has been \_\_\_\_\_.”

: Which fast seems more challenging to you – a food-fast or a media/entertainment-fast?

: If you are going to skip one meal during the day, which one is easier for you to pass up – breakfast, lunch or dinner? Why?

: What excites you about this 21 day journey? What intimidates you at this point?

#### 2. What types of circumstances might cause **you** to fast? (even if you never have before)

#### 3. READ [Matthew 6:16-18](#)

In **Matthew 6:16** Jesus assumes that Christians will fast, yet few do.

\*What factors do you think contribute to this? Discuss.

#### 4. PRAY FIRST Orientation

*\*Share the reading of the following pages in the booklet and invite any (brief) feedback or questions after each section. It's ok to have questions!*

Introduction. p.4-7

What is Fasting? p.8-9

Preparing for Fasting. p.10-11

Fasting Guidelines. p.12

Types of Fasts. p.13

Dealing with Doubts. p.14

Dealing with People. p.15

Introduction to 21 Day Devotionals. p.26-27

(Read p.16-21 and Complete p.22-25 at home on your own this week, if you haven't already - we welcome you share what you wrote next week if you like).

### Application

**\*COMMIT TOGETHER** – let's commit to participating in PRAY FIRST as a Group!

**\*PRAY & FAST** this week, using the Pray First booklet as your guide/journal. (Bring it to Group next week)

**\*READ** through the book of **1 John** this week. It's our primary source for this year's PRAY FIRST.

**\*PRAYER SUMMIT** – let's commit to joining the church at Prayer Summit this month to celebrate!

> Sunday, January 29. 6pm-7:30pm. Main Street Auditorium.

### Prayer (10-15min)

Break into groups of 3-4 or Men & Women. Share 1-2 personal prayer needs for 2017.

Give Thanks & PRAY for the person on your left.

### Announcements

**ALPHA** at Main Street Church. Thursdays. January 19-March 30. 7pm-8:30pm. Main Street Chapel.

Refreshments & Childcare provided. [www.mainstreetchurch.ca/alpha](http://www.mainstreetchurch.ca/alpha) [www.alphaCanada.org](http://www.alphaCanada.org)

### Resources

**\*REFER** to your PRAY FIRST booklet!

**\*Scripture** on PRAYER & FASTING. [www.openbible.info/topics/prayer\\_and\\_fasting](http://www.openbible.info/topics/prayer_and_fasting)

**\*GotQuestions.org** - [Prayer & Fasting](http://www.gotquestions.org/Prayer-Fasting).