

Full Stop.

Full Stop Pt. 1: Hitting the Reset Button

Everything that Jesus did came first from a rhythm of prayer and fasting. We learn from Jesus that prayer should be a relational experience with the Father. Through the Lord's Prayer we see how believers should approach God—recognizing His power, His kingdom, and His will. In doing this, we set our hearts on letting God lead us in this new year.

Bottom Line: Prayer is our relationship with the Father. Fasting allows us to *feast* with Him.

Discussion Questions:

1. If you could have dinner with any biblical character (besides Jesus), who would it be and why?
2. Describe your current relationship with God.
3. **Read the Lord's Prayer in Matthew 6:9-13.** Why is it significant that Jesus refers to God as "Our Father"?
4. Calling God 'Our Father' represents a relational aspect of prayer, showing that God desires a personal connection with us. How can understanding God as a loving Father change the way you pray or view your relationship with Him?
5. Why do you think it's important to pray together with others?
6. **Read about fasting in Matthew 6:16-18.** Fasting is not just about giving up food, but about creating space for prayer and connecting with God. How does fasting help us "feast" on God's presence?
7. Is there something you feel called to fast from in your life? How might you replace that time with focusing on God?
8. How can you get support and support others in this 21-day journey of prayer and fasting?
9. Close with individual prayer using the model provided in this week's message:
 - i. Your Name > The name of _____.
 - ii. Your Kingdom > The kingdom of _____.
 - iii. Your Will > The will of _____.

It will sound something like this:

"God I want this year to be about Your Name, not _____. Lord, I want this year to be about Your Kingdom, not _____. Lord, I want this year to be about Your Will, not _____. Help me put you in the center of everything. In Jesus name, Amen.

*If time doesn't allow for you to discuss all of these questions, use only the ones you feel would be most helpful for your group.