

REACH CHURCH

LIFE GROUP LEADER GUIDE



All Things New - Awakening

**"Fasting Is Not
Punishment—It's
Preparation."**

James 4:8

**"Come close to God, and
God will come close to
you. Wash your hands, you
sinners; purify your
hearts, for your loyalty is
divided between God."**

Church Highlights

- Encourage participation in the corporate fast (Daniel Fast or personal fast).

Prayer Points

**Fresh Renewal: Prepare us for
what You're calling us into
next—spiritually, relationally,
and missionally.**

Kingdom Impact

Your faithful giving makes a difference as your tithes and offerings impacts us locally and beyond.

Our giving highlight for the month of October / November is Operation Christmas Child

Discussion Questions For Groups

THRIVE Spiritually

- Pastor Levi said, "Fasting doesn't change God—it changes you." Where do you most need God to reshape your heart right now?
- What stood out to you about what fasting is not (diet, ego boost, or bargaining tool)?

THRIVE Relationally

- How can fasting and prayer positively affect the way you show up in your relationships?
- Pastor Levi emphasized modeling faith for children and younger believers. What does spiritual leadership look like in your home or community right now?

THRIVE Missionally

- How does fasting reorient us from self-focus to God's mission in the world?
- Who is one person God may be prompting you to pray for—or step toward—during this fast?

Questions for Parents

- **What does it mean to give something up so we can spend more time with Jesus?**
- **What is one thing our family could fast from together this week?**

Sermon Summary

All Things New - Fasting

Biblical fasting is not about punishment, performance, or personal gain—it is about pursuit. In this message, Pastor Levi teaches that true transformation comes not from trying harder but from surrendering deeper. When we deny our flesh through intentional prayer and fasting, our hearts realign with heaven, allowing us to see Jesus more clearly and hear His voice more distinctly.

Scripture shows that fasting prepares God's people for repentance, guidance, spiritual battles, and deeper intimacy with Him. Fasting does not change God—He is unchanging—but it changes us by humbling our hearts and positioning us for renewal. When approached with the right motives, fasting becomes preparation for what God wants to do next.

As we draw near to God through surrender, obedience, and intentional devotion, He draws near to us and begins to do something new in our lives.

Pastoral Care

We have a pastoral care team to walk alongside people through life's challenges, with their permission. Should anyone in your group or serve team experience sickness, death of a loved one, marriage challenges, or surgeries, please contact us at connect@reachchurchnetwork.org!

The 4 Q's

1. How long have you been dealing with this?
2. Who else knows?
3. Have you received any advice or council on how to deal with this?
4. Do you have any plans for your next steps?