

# 21 DAYS

## OF PRAYER & FASTING



## WEEK #1

## APPETITE

### **BIG IDEA**

Jesus was led by the Spirit into the wilderness as preparation for His ministry, building intimacy with the Father. Fasting, an act of intentional physical deprivation, is a “wilderness” that increases our expectation, typically leading to closeness with God.

### **SCRIPTURE**

Luke 4:1–4, Deuteronomy 8:3, Psalm 119:11, Mark 6:30–44

### **OPTIONAL DISCUSSION QUESTIONS**

1. What is “wilderness” for us today?
  2. Why do you think Jesus was led by the Spirit into the wilderness?
  3. What scriptures do you lean on when you are tempted?
  4. What emotions have you experienced while beginning your fast?  
(If you are not fasting – what emotions came up in past “wilderness” experiences?)
  5. How has God used “wilderness” to form you over your life?
  6. Where do you need an increase of faith over the next 21 days?
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## **PRACTICES**

### **Option 1: Scripture Memorization**

Choose one scripture that your group would like to memorize (eg, all or part of Psalm 34 in a specific version)

1. The leader reads the selected scripture aloud slowly.
2. Then give two minutes for everyone to read the scripture silently on their own.
3. As a group, read the scripture aloud together once.
4. Divide into pairs and break the passage into 2–3 parts (if it's larger). Depending how long your scripture is, you might try having pairs assign images to key words in each part for easier recall.
5. One person will then close their Bible/phone, and recite the scripture, only asking for help from their partner where they get stuck. Once they're done, their partner will go.
6. Alternate practice several times for each partner or until they feel confident.

If time allows, debrief: How does memorizing scripture shift your thought patterns or feelings?

### **Option 2: Listening Prayer | Where does God want to meet you in the wilderness journey?**

*It's a good idea to have some instrumental music playing in the background, and possibly have pens and paper available to journal what they hear. Depending on time, take 2–4 minutes for each question below.*

1. Have everyone sit in a relaxed, comfortable position.
  2. Start by inviting the Holy Spirit to be present and speak to everyone in the room. Pray that He would silence every other voice or distraction, so that the group would encounter Him fully.
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3. Ask God the following questions, and listen for His response.  
As things come to mind, even if they seem far off, trust the Holy Spirit is speaking and guiding your interaction.

*What is an area of “wilderness” in my life you’d like to focus on?*

*What scripture(s) relates to this area of “wilderness?”*

*What are you forming in me through “intentional wilderness?”*

*Is there any act of obedience you want me to take from this experience?*

4. Close by thanking the Holy Spirit for speaking.

5. Debrief any experiences or words people want to share.

## **OBEDIENCE**

What type of fast are you leaning into over the 21 days? How can we support each other through the next 21 days?

