

Small Group Discussion Guide: 21-Day Prayer and Fasting Guide

WEEK 1: Be Still

This week focuses on the importance of stillness in our relationship with God. It encourages us to slow down, trust Him, and embrace His presence.

Opening Prayer

Begin your time together with an opening prayer, inviting God to guide your discussion and help you to be open to His voice.

Scripture Reading

Take turns reading the following scripture excerpts relevant to stillness and trust in God:

- Psalm 46:10
- Exodus 14:14
- Mark 4:39
- Philippians 4:6
- Job 6:24
- Lamentations 3:24–26
- Psalm 100:3

Discussion Questions

1. Personal Reflection:

- What does "being still" mean to you? How does it feel to slow down in a busy life?
- Can you share an experience where you felt God's presence during a quiet moment?

2. Understanding Stillness:

- Why do you think sitting in stillness with Jesus feels uncomfortable for some?
- How can we practice the prayer, "Less of me, more of You, Jesus" in our daily lives?

3. Trusting in Jesus:

- In what ways do you find yourself trying to take control instead of trusting Jesus?
- How can you learn to rest in His promise to act on your behalf?

4. Finding Peace:

- What “storms” are currently affecting your peace?
- How open are you to listening for God’s peace in the midst of these challenges?

5. Bringing Burdens to God:

- What burdens are you carrying that you need to bring to Jesus?
- How does admitting our need for help bring us closer to experiencing Jesus’ faithfulness?

6. Embracing Honesty:

- How does embracing stillness help you be more honest with yourself and God?
- Can you identify any areas in your life where you need healing? How can you listen for Jesus’ guidance in those areas?

7. Waiting on God:

- How do you cope with waiting on God?
- What does it mean for you to find hope in quiet trust rather than in quick answers?

8. Identity in Christ:

- How does understanding your identity in Christ affect your view of serving Him?
- In what ways can you remind yourself that you belong to Jesus and are loved by Him?

Closing Reflection

- Share one insight or takeaway from this week’s discussion that you want to carry into the next week.

Closing Prayer

Conclude with a closing prayer, thanking God for the time spent in stillness and asking for help to carry the lessons learned into your daily lives.