

# 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.