

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

## WEEK 2: Be Satisfied

This guide focuses on understanding true satisfaction by inviting God to meet us at our core needs. As we seek to draw near to Him, we can allow Jesus to reshape our desires, liberating us from substitutes that leave us empty.

### Opening Prayer:

Start your gathering with a heartfelt prayer, asking the Holy Spirit to guide your discussion and open each participant's heart to receive God's truth.

### Discussion Points:

#### 1. Gratitude for Life

Scripture: Genesis 2:7

- Every breath signifies God's presence. Reflect on areas in your life where you've sought satisfaction outside of God.

- Questions:

- What does it mean to you that Jesus is near?

- How can cultivating a heart of gratitude shift your perspective?

- Action Step: List three things you are grateful for today, recognizing them as gifts from God.

#### 2. Renewing the Mind

Scripture: Romans 12:2

- Identify areas where God is renewing your mind.

- Questions:

- How has your thinking changed since surrendering more to Jesus?

- In what ways does renewed thinking affect your desires?

- Action Step: Pray and surrender specific thoughts or habits pulling you away from Jesus.

#### 3. The Joy of Repentance

Scripture: Acts 2:38

- Consider repentance as a return home rather than an act of shame.

- Questions:

- How have you experienced freedom following surrender?

- What burdens are you ready to lay down?

- Action Step: Write a prayer of repentance, expressing your desire to return home to Jesus.

#### 4. Cultivating Joy Through Praise

Scripture: James 5:13

- Discuss how praise impacts your spirit.
- Questions:
- How can you integrate more praise into your daily life?
- In what ways can you acknowledge the goodness of Jesus regularly?
- Action Step: Choose a worship song and listen to it this week to fill your heart with joy.

#### 5. The Fullness of the Spirit

Scripture: Ephesians 5:18

- Reflect on how what fills your life affects your direction.
- Questions:
- Are there areas in your life where you feel empty?
- How can you invite the Holy Spirit to fill those areas?
- Action Step: Take time this week to intentionally seek the filling of the Holy Spirit through prayer and stillness.

#### 6. The Closeness of Holiness

Scripture: 2 Corinthians 7:1

- God's call to holiness is a journey toward closeness.
- Questions:
- How does understanding holiness change your view of God's expectations?
- What steps can you take to draw nearer to Him?
- Action Step: Identify one change you can make this week to move closer to Jesus.

#### 7. Full Devotion

Scripture: Matthew 6:24

- Discuss how divided hearts lead to dissatisfaction and restlessness.
- Questions:
- What distractions compete for your devotion to Jesus?
- How can you prioritize Him more fully?
- Action Step: Write a commitment to Jesus about how you will choose Him over distractions this week.

#### Closing Prayer:

Conclude the gathering with a prayer of thanks for the insights gained and a request for strength and commitment to abide in His presence. Take time to pray for one another's needs and desires as you all continue this journey together.