

# FORWARD ▶▶

## Leader Conversation Guide – Forward: Part I

### Main Idea

For the year 2023 the Lord gave Pastor Curt a word for our church. And that word is **Forward**. As a Church, this year we will not live in the past, not stall, but move forward in all that God has for us. This year to posture yourself to move forward, PC invites you to join us for 21 Days of Prayer & Fasting, January 15th – Feb 4th. Some people view a Fast as an opportunity to “diet” and lose weight. Dieting changes how you look, Fasting changes how you see. Read Matthew 17:14-18. In this passage of scripture, what were the 2 major issues? They had unbelief and were perverse. *Unbelieving – Not Connected to God*. When it comes to unbelief, ask the question. Lord, is there somewhere I am not as connected to You as I should be? He’ll speak, listen. *Perverse - Too connected to the world*. Ask yourself, am I too connected to the world? Am I watching things I shouldn’t be watching? Am I listening to things or voices I shouldn’t be listening to? If you are not having the spiritual breakthrough you have been looking for, you are probably having one of these two problems. The beauty of the Bible is God gives us a solution to these issues. The Solution - Prayer: Which connects us to God and Fasting: Disconnects us from the world.

**".. forgetting what lies behind and straining forward to what lies ahead.."**

Philippians 3:13 ESV

### Make it Practical: Four things to do when it comes to prayer and fasting

- **Set your faith.** Read Hebrews 11:1, James 4:2-3. Set a spiritual goal of *why* you are fasting. If you’re not hoping for something, you can’t have faith. We’re not talking about “Name it Claim It” kind of faith. We’re talking about stirring your faith by setting a goal, and pressing in to God to see it through. If God answered all of your prayers, would it change the world? Or just your world? Seek God for things bigger than yourself.
- **Select your fast.** Read Matthew 6:16-18, Romans 8:13. Types of fasts. *Please Consult your doctor before you fast and when selecting your fast type*. 1. Complete Fast - Drink only liquids. 2. Selective Fast - A Biblical example would be the Daniel fast as seen in Daniel 10. 3. Partial Fast - Skipping meals and replacing that time with prayer. 4. Soul Fast - Limiting time in your connections to the world. Social media, tv, secular music etc. And replacing that time with prayer and worship.

- **Silence your flesh.** Read Isaiah 58:3-4. As human beings, we are tripartite beings. We have 3 parts that make up our being. Body, Soul, and Spirit. All three of these are working within us at all times. The strongest one, will dominate the other two. That's the beauty of fasting. When you strengthen your spirit, you strengthen your body and soul.
- **Step into freedom.** Read Isaiah 58:8-11. When you step into prayer and fasting, it changes everything. You will begin to crave prayer. You will begin to crave seasons of fasting.

**"For if you live according to the flesh, you will die; but if by the Spirit you put to death the misdeeds of the body, you will live."**

Romans 8:13 NIV

### Talk About It

- In what ways do you feel like your interaction with the world "squeezes out" your connection with God? How do you think fasting might help you reconnect with Him?
- What do you feel like you need to say no to in this season so that you can say yes to God?
- As a Group, talk about the four types of fasts: complete fast, selective fast, partial fast, and soul fast. What type of fast do you think would be best for you in this season?

### Prayer

Father, we ask for a fresh start in this new year. Help us disconnect from the things of the world and draw near to You during this season of prayer and fasting. Align our hearts with Yours as we deny our own desires through fasting. We want to hear Your voice and follow You. Have Your way in our lives!

### Leader Tip

Prayerfully consider what and how you should fast, and make a plan. Prepare for the fast in advance by slowly eliminating things from your diet this week. Invite group members to do the same. 21 Days of Prayer & Fasting will take place January 15 – February 4, 2023.

You can view our prayer and fasting guides at [victorychurch.org/resources/21-days/](https://victorychurch.org/resources/21-days/)