

## Leader Conversation Guide – Best Year Yet: Power of Fasting

### Main Idea

This week, Pastor Curt delivered an inspiring message on the power of fasting as we embark on 21 Days of Prayer and Fasting. He reminded us that fasting is not just a physical act but a spiritual discipline that connects us more deeply to God and His purposes. Through key Scriptures, Pastor Curt emphasized that physical sacrifice brings supernatural outcomes—victory, power, favor, and help. He challenged us to align our lives with God’s principles, trust His timing, and seek His presence through fasting and prayer. As we engage in this discussion, let’s reflect on how fasting can draw us closer to God and position us to experience His supernatural work in our lives.

**“Truly I tell you, if you have faith as small as a mustard seed, you can say to this mountain, ‘Move from here to there,’ and it will move. Nothing will be impossible for you.” [But this kind does not go out except by prayer and fasting.]**

MATTHEW 17:20-21

### Make It Practical:

#### The Physical is Connected to the Spiritual:

- Fasting is a physical act that has profound spiritual implications, aligning us with God’s purposes.

#### Physical Sacrifice Brings Supernatural Outcomes:

- Supernatural Victory: Overcoming spiritual battles, as illustrated in Exodus 17.
- Supernatural Power: Strengthening our faith and dependence on God (Matthew 17:21).
- Supernatural Favor: Experiencing God’s grace and blessing (Daniel 10:3).
- Supernatural Help: Receiving divine assistance, including angelic intervention (2 Kings 6:17).

#### Types of Fasting:

- Pastor Curt outlined various types of fasts—complete, selective, partial, and soul fasts—emphasizing that the focus should be on seeking God above all else.

#### Fasting as a Pathway to Breakthroughs:

- Fasting coupled with prayer enables breakthroughs that are otherwise unattainable, connecting us more deeply to God while disconnecting us from worldly influences.

## Talk About It

### Understanding the Connection Between the Physical and Spiritual:

- Pastor Curt highlighted that “the physical is connected to the spiritual.” How have you seen physical actions, such as fasting or prayer, influence spiritual outcomes in your life or others’ lives?

### Faith and Fasting:

- In Matthew 17:19-21, Jesus explained that some breakthroughs require both prayer and fasting. Why do you think fasting amplifies the effectiveness of prayer? How can this principle be applied to challenges you are currently facing?

### The Outcomes of Physical Sacrifice:

- The sermon outlined four supernatural outcomes of physical sacrifice—victory, power, favor, and help. Which of these resonates most with you, and how might fasting bring about this outcome in your life during the 21 Days of Prayer and Fasting?

## Physical sacrifice brings supernatural outcomes.

### Prayer

Heavenly Father, thank You for the opportunity to draw closer to You through fasting and prayer. Strengthen us, guide us, and fill us with Your presence as we seek You with our whole heart. May our sacrifices honor You and lead to supernatural breakthrough in our lives. Help us trust in Your power and walk in Your favor. In Jesus’ name, we pray. Amen.

### Leader Tip

Pinecar Derby: Registration will be closing very soon for the Pinecar Derby happening on February 8! This is the perfect event for your entire family kids, adults, teens...Everyone! So stop by the Next Steps Area and sign up so that you can receive your car kit and get to work!