



21 DAYS OF PRAYER & FASTING

Leader Conversation Guide – 21 Days of Prayer and Fasting

Main Idea

As a new year begins, many of us feel the desire for change and growth. But this week's message reminded us that true transformation doesn't start with better habits, it starts with spiritual alignment. We are not physical beings having temporary spiritual experiences; we are spiritual beings living a temporary physical life.

Through prayer and fasting, we intentionally connect with God and disconnect from the distractions that compete for our attention. Scripture shows us that fasting creates space to hear God clearly and shifts our focus from what we can do, to what only He can do. As we begin our discussion, let's open our hearts and pray, "Holy Spirit, I don't just want You present, I want You leading."

So I say, walk by the Spirit, and you will not gratify the desires of the flesh.

GALATIANS 5:16

Make it Practical:

Prayer and fasting realign us with God's priorities

- Prayer connects us to God; fasting disconnects us from the distractions of the world.
- Fasting positions us to hear God clearly and seek His will before making decisions.
- Spiritual clarity often comes when we intentionally quiet our flesh.
- Scripture: Matthew 4:1–2; Exodus 34:28; Acts 13:2–3

The real battle is between the Spirit and the flesh

- Every believer lives with an ongoing tension between flesh-led and Spirit-led living.
- The flesh seeks comfort, convenience, control, and instant gratification.
- What we feed grows, and what we starve weakens.
- Scripture: Galatians 5:16–17; Romans 8:5–8

Fasting helps us say no to the flesh and yes to the Spirit

- Fasting interrupts habits, exposes dependencies, and removes distractions.
- It creates space to listen to the Holy Spirit's leading.
- Spirit-led living leads to transformation, life, and peace.
- Scripture: Luke 4:1–2; Matthew 26:41; Romans 8:9–11

Talk About It

Think about the tension between being Spirit-led and flesh-led. Where do you notice that battle showing up most in your daily life right now? What helps you recognize which one is leading?

Pastor Brett emphasized that fasting often precedes clarity and breakthrough. Can you share a time when slowing down, removing distractions, or seeking God more intentionally helped you gain perspective or direction?

“What you feed grows, and what you starve weakens.” What are some practical ways you can intentionally feed your spiritual life in this season? What might you need to starve in order to create more space to hear from God?

If you let the flesh lead, it will always take you somewhere comfortable. If you let the Spirit lead, He will always take you somewhere transforming.

Prayer

Heavenly Father, thank You for meeting us here and for speaking to our hearts. As we leave this time together, help us to quiet the voice of the flesh and become more attentive to the leading of Your Spirit. Teach us to hunger for what draws us closer to You and to trust You with every step ahead. We invite You not just to be present in our lives, but to lead us. In Jesus' name, amen.

Next Steps

Commit to intentional prayer.

- Set aside a specific time each day this week to pray and invite the Holy Spirit to lead your decisions, asking God to align your heart with His will.

Choose a fast that creates space for God.

- Identify one thing that regularly distracts or competes for your attention (food, media, social habits, etc.) and fast from it as a way to quiet the flesh and listen for God's voice.

Feed your spiritual life on purpose.

- Replace what you're fasting from with Scripture, worship, or time in God's presence, remembering that what you feed grows and what you starve weakens.