



rGroup Guide

“The Fast Lane”

Pastor Miles McPherson | January 5, 2020

Recite the Do Something Disciple Prayer

“As a Do Something Disciple, I am in a disciplined pursuit for the heart of The Father, a heart that is being perfected in love for God and people.

Father give me a heart that:

- Desperately seeks face-to-face intimacy with You.
- Faithfully avoids that which displeases You.
- Humbly embraces a Kingdom Mindset.
- Values making disciples that make disciples.

Jesus, create in me a heart that:

- Values being guided by the Word of God.
- Gratefully grows in generosity.
- Nurtures a burden for lost people.
- Demonstrates a commitment to a Spirit-filled expression of my gifts.

Holy Spirit develop a heart in me that:

- Gracefully gives and receives forgiveness.
- Passionately worships God.
- Is dependent on the power of prayer.
- Serves with Humility.

"Father, with Christlikeness as my goal and the Holy Spirit as my Guide, knit my heart with Yours. Fill my heart with Your passions, motivations, and desires.

In Jesus' Name, Amen.”

Sermon Application from Sunday's Message:

This week, Pastor Miles challenged the church to start the New Year off by fasting. He talked about how he has fasted in the past and the spiritual and physical development that fasting can do in our lives. Fasting SEPARATES us from our dependencies. Fasting is an act of self-denial for a specific period of TIME for a specific PURPOSE. Fasting makes us more like JESUS. Finally, fasting makes room for more time with God and POWER from God. We need to make sure that we establish a time and place to meet with God every day.

Take time to read through the following materials in your rGroup and discuss the questions provided.

- For all of the statements below answer the questions: Why was it important to fast? How do these scriptures encourage you to fast to God?
 - In times of war: Judges 20:26
 - Repentance: Jonah 3:5
 - When facing danger: Ezra 8:21, 23
 - Courage and wisdom: Esther 4:3, 4:16; 9:31
 - In times of grief: 1 Samuel 31:13
 - In times of distress: 2 Samuel 1:12
 - Ultimate denial of the flesh: Matthew 4:2
 - Spiritual power: Mark 9:29
 - Wisdom: Acts 14:23
 - Set aside self for holiness: 1 Corinthians 7:5
 - Answered prayer: Acts 10:30-31
 - Mourning: Daniel 10:1-3
 - Special revelation: Exodus 34:27-28
 - Special recuperation: 1 Kings 19:1-19

Next Steps:

- **Take the 21 Day Fast challenge – text FAST to 52525 for more information.**
- **Start a dGroup – Grow with friends as you meet weekly in an accountable relationship. For more information text dGroups to 52525.**

Monthly Memory Verse: Mark 9:29

“So, He said to them, “This kind can come out by nothing but prayer and fasting.”

This Week’s Bible Reading: Genesis 10-26

<https://thebibleproject.com/explore/genesis-1-11/>

<https://thebibleproject.com/explore/genesis-12-50/>