

Group Discussion Guide

Series: **FOCUS-** Week 2 – Focus Your Understanding

GOAL

This week's discussion will help us understand the warfare we fight on a spiritual level with fasting.

CONVERSATION STARTERS

- How was everyone's week? Any praises/testimonies you'd like to share
- Are there any favorite points from the message you'd like to talk about?

SCRIPTURE AND MAIN POINTS

Point #1 – Understand Your Authority

- Read **Genesis 3:1-9 and Romans 8:2 and Romans 8:20-22**
 - Talk about how we lost our authority in a moment and what that means for us.
 - In understanding your authority, does Romans 8:2 have a fresh meaning?
 - Why does the earth groan for the union of man, which frees it from death/decay?
- Read **Genesis 18:17-33 (Sodom and Gomorrah)**
 - How does this story paint a picture of how God's power works in partnership with our authority?
 - What does this mean for your life? How do we partner with His power? How do we allow Him to unleash it through us?
 - Talk about authority by reading **Luke 10:19** and **Psalms 8:4-5**

Point #2 – Turn the Key

- Read **Matthew 16:19**
 - Discuss the idea that fasting is a key that unlocks the power from heaven to operate in partnership with your authority.
- Read **Ephesians 6:12**
 - Discuss this battle with some "real talk" – how does it affect us?
- Read **Daniel 10:1-20**
 - Discuss this picture of how Daniel fasted for 21 days, and answered on Day 24.
 - What does this have to do with spiritual warfare?
 - How is fasting a way to "fight" in partnership with power of God bringing an answer down through the heavens on to the earth?
 - Discuss Daniel becoming weak, and how fasting humbles us and weakness us so we are totally prepared to receive what God wants to tell us.
- Read **Matthew 6:5-15**
 - Discuss petitioning our KING with "kingdom protocol prayer"

WRAP UP

Close with reading Psalm 91:9-13 and discuss how this promise should make us bold in His name.

PRAYER REQUESTS

Ask for prayer requests and write them down – *as the group leader, pray for these requests during your week and make sure they are posted to the GROUP page on FB with who came to group.*

END IN PRAYER