



GROUP GUIDE

21 DAYS IN FEBRUARY | PRAYER & FASTING

During the month of February, our small groups will journey together through the church-wide 21 days of prayer and fasting. This season is an intentional invitation to slow down, posture our hearts before God, and cultivate a deeper dependence on him. As a church, we are entering a shared rhythm of seeking God together and allowing space for Him to shape our desires, habits, and trust. While these practices are personal, they are meant to be experienced in community, where encouragement, accountability, and shared testimony can strengthen our walk.

Each day of the guide follows the same simple rhythm: engaging with Scripture, kneeling in prayer, responding to a daily challenge, practicing fasting, and journaling what God is revealing. This repeated structure helps form sustainable spiritual habits while creating a common language across our church. In small groups, participants will have the opportunity to reflect on how these rhythms are shaping their daily lives and to listen for how God is speaking, not just individually, but collectively.

GUIDING DISCUSSION QUESTIONS

Use the following prompts for weekly conversation and reflection:

- How are the daily rhythms of prayer and fasting going for you?
- Was there any Scripture this week that stood out or impacted you in a meaningful way?
- What is one thing you learned through the guide or your time with God?
- What is one thing you found challenging or uncomfortable?
- What do you sense God is calling you to do or obey in this season?