



GROUP STUDY GUIDE

WEEK OF FEBRUARY 9, 2025 | I WILL CHOOSE JOY

PRAYER AND FASTING

As our church continues in 21 days of prayer and fasting, spend a few minutes talking through these questions as you encourage one another in this journey.

- How do you handle distractions or challenges when trying to maintain a consistent prayer life?
- What challenges have you faced when fasting? How have you worked through them?
- If you have not fasted before, what challenges do you foresee being an obstacle?

WARM-UP QUESTION

Listen to the song "[The Joy](#)" as a group. Write down a phrase that stands out to you. What do you notice about joy?

DISCUSS

Read [Nehemiah 8: 7-10](#)

- What do you know about the book of Nehemiah? If it is a new book of the Bible for your group, watch [this short overview video](#) from the Bible Project.
- What do you notice about the character of God in this passage?
- Where do we see wisdom in the people's response to God's word?
- Why do you think the people were instructed to stop weeping and mourning and to instead be joyful and feast?
- How should this passage inform how we interact with God when we repent?

Read [Philippians 4:4-8](#)

- Paul instructs the Philippians to "always be full of joy in the Lord" and repeats, "REJOICE!" When do you need to be reminded to find joy in the Lord?
- How do you remind yourself that your joy is in Jesus? Find strategies to find joy in verses 6-8.
- How would your life look different if you "prayed about everything," "told God what you need," and "thanked God for all He has done"?
- What captures your attention each day? Are you finding joy in the Spirit or seeking joy somewhere else?

Read [Habakkuk 3:17-18](#)

- You might not relate to the difficult circumstances of dead cows and olive crop failure in verse 17. Take a couple of minutes to rewrite verse 17 with your own hardships in mind. What is happening in your life that may steal your joy?
- Reference your re-written verse 17. Is verse 18 true to your experience? If not, how can you make it true?



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TAKE ACTION

Fill in the blank for these two statements:

- "I feel close to God when _____."
- "I feel far from God when _____."

Over and over in Scripture, we see the importance of knowing and doing. Take some time to make an individual commitment statement ("I will...") based on how you filled in the above blank spaces.

Spend a few minutes praying as a group, asking God to show you what He's saying and what you need to obey or craft your "I will" statement. Then after praying, share your "I will" statements, keeping them as simple and practical as possible.