

# 1

I hope you enjoy the challenge in this series. These questions can be used as a guide to exploring the themes but please adapt as necessary depending on your group. The questions are based on the ESV translation, but it is good to use others to enrich your exploration.

Spend some time sharing stories and experiences anyone in your group has had with 24-hour prayer and/or fasting.

1. How would you describe your prayer life?

Read Matthew 6:5-18

3. Why do you think Jesus tells us to pray in secret?
4. Is there then a place for corporate prayer? (1 Thes 5:11)
5. What do you understand from verse 8?
6. What parts of the Lord's prayer (v9-13) do you find hard to pray?
7. Why does Jesus focus on forgiveness in v14-15
8. Do you feel fasting should be part of a Christian life?
9. What reasons make the idea of fasting hard for you?
10. Do you agree with this quote – *"Prayer is reaching out after the unseen; fasting is letting go of all that is seen and temporal. Fasting helps express, deepen, confirm the resolution that we are ready to sacrifice anything, even ourselves to attain what we seek for the kingdom of God."*
11. What are we seeking as a church in this focus on vision?
12. Do you feel included in the development of the vision at TVBF?
13. What are you willing to sacrifice to seek the kingdom?

On the 13<sup>th</sup>/14<sup>th</sup> May we are having a 24-hour prayer and fasting event

14. Discuss the practicalities of praying and/or fasting for 24 hours - how can you as a home group support each other in this event