

STUDENT GROUP DISCUSSION QUESTIONS

SOCIAL TIME/WORSHIP

Have a game ready and/or go around the circle asking your group members to share any news since your last meeting. Be intentional in helping your group members get to know one another during this time and make it fun.

CHECK-IN TIME

Talk about what you did last week to complete your action step.

GROUP DISCUSSION QUESTIONS

God's word is full of significant signs and symbols. There's poetry, prophecy, history, and law all throughout the Bible. One way God speaks to us is through significant numbers. This month we'll explore some of those numbers each week, and dive into how God is speaking to us through those numbers. This isn't some boring old math class though! God's numbers are full of passion, intrigue, and the big love He has for us, His favorite creation.

1. What stood out to you about the message?
2. When you think of the word, "rest," what comes to mind? What thoughts, feelings, emotions do you attach to the word, "rest?"
3. There are many ways people choose to rest. Some take naps, others exercise, and some people might just need time alone. What are some of your favorite ways to rest?
4. Read Mark 2:27. God commanded us to rest as a gift to us. Do you find it hard to rest? What is so challenging about it?
5. How do you spend your time?
6. Fasting is God's way of reminding us of what we've been relying on in place of Him. When we fast from something, we temporarily stop doing it to refocus on God and the sacrifice He made for us. For some people it may be pop or junk food, for others it could be social media or screen time. Our church is participating in a 21 day fast for the rest of the month. What can you fast from for the rest of January to rest and get closer to God?
7. How will you connect with God through resting this week?

ACTION STEP

Choose one of the following or create your own. Consider finding an accountability partner within your group to walk alongside you this week.

- Connect with someone
- Daily time with God: Determine the type of routine you'd like to have that allows you to spend time learning about what pleases God. Here are some ways to do this:
 - o Download the Emmanuel app and read the One Year New Testament daily.
 - o Download the YouVersion app and find a devotion you can do daily. You can even decide to do one as a group to encourage one another as you do the daily readings.
 - o If you recently placed your faith in Christ and texted SAVED to 65248, read the devotional provided in your starter kit.

PRAYER

Ask your group to share two things

1. Prayer requests for themselves and the people in their lives.
2. Ask also for any reason to praise, it is great to come to God in thanksgiving for all He has done.

Keep note of the burdens in people's life and notice when God moves in those areas specifically. We believe God will see prayers become praise and it is an opportunity to increase our faith when we are in the position to bring that to light.

21 DAY FAST

The goal of fasting is to draw closer to God by eliminating distractions for a spiritual purpose. A fast hits the reset button on our soul and renews us from the inside out. It also enables us to celebrate God's mercy and goodness and prepares our hearts for the abundant life He wants for each of us.

TYPES OF FASTS

Your 21-Day Fast should be challenging, but it is important to consider your health, your options, and most importantly, the guidance of the Holy Spirit as you decide on what type of fast to pursue.

Complete Fast

Drink only liquids, typically water and/or light juices as an option.

Selective Fast

Remove certain foods from your diet. A common form is the Daniel Fast, during which you remove meat, sweets, and bread from your diet and consume water and juice for fluids and fruits and vegetables for food.

Partial Fast

Abstaining from entire meals for a designated amount of time. One example of this is the "Jewish Fast" which is a full-day fast that begins with sunset in the evening and continues until sunset the next day. A minor fast day begins with dawn and ends at darkness. This can be correlated to specific times of day such as 6 am to 3 pm.

Soul Fast

This fast is a great option if you do not have much experience fasting food, have health issues that prevent you from fasting from food, or if you wish to refocus certain areas of your life that are out of balance. You might choose to stop using social media or watching television for the duration of the fast and then carefully bring that element back into your life in healthy doses at the conclusion of the fast. Set limits on your screen time and/or your media use. You might give up certain movies and television entirely or just at certain times of the day or week. You could also say no screen time after a certain time of day. Or delete the social media app you use the most. Then, use that time you would have spent on a screen in prayer and studying the Bible. Remember, fasting should be cause for joy, not misery! Focus on God, not on what you are giving up. Don't beat yourself up if you stumble or lose focus. Just pick up where you left off and keep going.

What are you hoping God shows you over these next 21 days?