

# 21 DAYS OF PRAYER AND FASTING / JAN. 18

## TO APPLY, NOT REHASH, THE SERMON

This week we continue our journey together through *21 Days of Prayer and Fasting* (21 DOPF) as a church family. This week's guide will alternate between discussion (💬) as a whole group and praying (🙏) together in smaller groups. We want to maximize our time in corporate prayer, so please limit the discussion to a maximum of about 5–7 minutes per question.

### Group Discussion and Prayer

 **Check-in:** What day/section are you on in the prayer guide right now? What's one way prayer/fasting has already exposed a need, desire, or distraction in you?

 **Pray (7 minutes):** In smaller groups: Ask God to keep forming dependence in you through these 21 days, helping you "seek his face," not just his hand.

 **Sermon Discussion:** In this weekend's sermon, we heard Paul saying our battle isn't fought "according to the flesh," and that God gives divine power to destroy strongholds by taking thoughts captive to obey Christ. Where are you tempted to fight with "weapons of the flesh" (control, image management, willpower, avoidance) instead of dependence on Christ? What is one thought/lie you need to "take captive" this week?

 **Pray (7 minutes):** Name one stronghold/thought pattern you want to bring under submission to Christ. Ask the Spirit for real power to replace lies with God's truth and yield that area to Jesus.

 **Ephesians:** This year's 21 Days of Prayer and Fasting guide follows Paul's prayers in Ephesians and gives daily verses and prayer points to guide our praying. **READ Ephesians 3:16–17 together.** What does Paul ask God to do in the "inner being" (v. 16), and what's the intended result of that strengthening (v. 17)? Based on the words in the text, what would it look like for Christ to "dwell in your heart through faith" in the place you're battling?

 **Pray (7 minutes):** Ask the Father to strengthen you with power through the Spirit where you're weakest, so that your battle becomes an arena for faith (not striving). Ask for obedience that flows from Christ dwelling in your heart through faith.

 **READ Ephesians 3:16–17 together:** Paul grounds bold prayer in God's ability to do "far more abundantly," according to the power at work within us (v. 20). What does that phrase suggest about how God intends to answer prayers in believers? And how does v. 21 shape the goal of what we're asking for?

 **Pray (7 minutes):** Pray big, God-centered prayers! Ask God to show his power at work in you and to bring glory to Christ through our church (not just solve our problems).

### PRAYING FOR ONE ANOTHER

**Stay in your smaller groups for this portion:**

 **Pray (10 minutes):** Considering this week's sermon, what gospel truth are you most thankful for? Spend some time thanking God for what he has done for us in Christ.

 **Pray (15 minutes):** Share your personal prayer requests. What do you want God to do in your life and in the lives of those you know? Share these desires with each other and pray for one another.