



GROUP STUDY GUIDE

WEEKS OF DECEMBER 24, 2023 + DECEMBER 31, 2023

As you close out the year and begin the new one, here's a guide for your group to reflect back and look ahead. You may choose to meet once during these holiday weeks and walk through this discussion guide. Or you may choose to meet both weeks, doing this guide one of the weeks and serving together the other week. You can find local serving options at tpcc.org/serve-near-calendar.

From January 2-8, our church will participate in a week of prayer and fasting. We encourage your group to lean into both of these spiritual disciplines and see how God moves in and through you. The guide below will walk you through some questions about prayer and fasting. For more information and resources, check out our [website](#).

WARM-UP QUESTION

What was your favorite moment this Christmas?

DISCUSS

- Reflect back on 2023, and share your top two personal moments or memories.
- In the life of your group, what are you celebrating from this past year?
- What challenges did you face in 2023, whether personally or as a group, and how did God reveal Himself in them?

DISCUSS: Prayer & Fasting

- How often do you practice the spiritual disciplines of prayer or fasting?
- What does your prayer life look like? How would you like to grow in this discipline?
- Have you ever fasted as a spiritual disciple before? If you have, what did you learn from it? If you haven't, what has kept you from trying?

READ [Matthew 6:16-18](#)

- What is interesting about Jesus' use of the word "when" when talking about fasting?
- How does Jesus teach us to approach fasting? Why are His statements important to our posture toward fasting?
- What is challenging about Jesus' words? What is encouraging?

READ these examples of fasting from Scripture and discuss the questions for each passage: [Joel 2:10-12](#), [Acts 14:21-23](#), [Nehemiah 1:1-4](#)

- What is the purpose of fasting in each passage?
- How do the circumstances of the people in the passages impact their desire to fast?



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- What do these passages teach you about how we should acknowledge God? What do they teach you about His character?
- What do these passages teach you about how you should respond to similar circumstances in your life?

RESPOND

- Reflect on all you just discussed and identify one way you can take part in the week of prayer and fasting.
- Close your time in prayer, spending a few extra minutes thanking God for specific things He did in your personal lives and in your group this past year. Pray for fresh vision, hope, and courage as you step into what He's calling you to do in the new year. Recommit your individual lives and your group to knowing Him more deeply, growing in life-giving relationships, and making a difference.