



TLC Season of Prayer & Fasting Guide

Week of 09/27/26

TLC Group Expectations

- **Please start and end on time.** If you'd like to provide an atmosphere of fellowship, it's better that you provide this at the end to allow people who have to leave the opportunity to do so.
 - **Allow silence.** Allow room for others to contemplate and even feel uncomfortable when asking someone to read, within group prayer, or when throwing out a question. Please don't rush in just to fill the space. Allow God to do what only He can.
 - **When sharing, make it about you and what God is revealing about you and or Him.** Please allow room for others to share (don't dominate).
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Spiritual Disciplines:

The Spirit Drawing Us Toward Christ-likeness

2 Corinthians 3:18

Icebreaker

- What do you hope this group will be like this year?

Our destination: Christ-likeness

Read 1 John 3:2, Philipians 3:20-21

- Talk about a positive role model in your life that you looked up to, and how you grew to be more like them
- What excites you the most about being made like Jesus? What aspects of His character do you most want to reflect?

Our role in the journey: Staring at Jesus

Read 2 Corinthians 3:17-18, Romans 8:5

- Talk about past experiences of how beholding Jesus has changed you.
- What helps you to see Jesus the clearest? This could be overtly “spiritual” (reading, prayer, praise, etc.) or another gift that God has given to help you delight in Him (exercise, art, hobbies, relationships, etc.)
 - What aspects of Jesus do you most love to behold?
 - How will you make this a priority for yourself throughout the Season of Prayer and Fasting in October?

God’s desire: Us drawing near to Him

Read James 4:5-10

God has implanted His Spirit in all believers, and one of the reasons why is to draw us to Himself.

- Think about how different all the spiritual disciplines are from each other. What does this say about our heart posture within them?
 - Fasting (abstaining) vs. Celebration (enjoying)
 - Meditation (silence) vs. Worship/Prayer (loudness)
 - Solitude (alone) vs. Fellowship (together)
- How have you experienced the Spirit using the spiritual disciplines to draw you closer to the Father?
- How do you hope the Spirit will use these throughout October?

Application: Preparing for October's Season of Prayer and Fasting

Personal fasting:

- What most often stops you from looking to Jesus and drawing near to God?
- What might fasting from that look like in October?

Group fasting:

- What might fasting look like for this group throughout October?
- How will you grow in this as a community?

Pray for the Spirit's renewal and re-alignment in your group as we enter into the Season of Prayer and Fasting.