



The Power to Change | Doug Wekenman | 1.8.23

Weekly Study

S H A R E

Happy New Year! This week Doug started our new series “The Future You” with encouragement to us that change is possible, and the power to do so is in Jesus and Jesus alone. We are all moving toward the future versions of ourselves, and it’s always wise for us to take the time to evaluate if we like the direction that we are headed. As a church, we have been invited into a 21 Day fast, and as a group we are invited to do this together. We can all do spiritually challenging things, and it is made even easier when we support each other.

Before we jump into the study, take some time to check in with your group and ask the following questions:

- **What is the most impactful or challenging thing you learned from Doug’s talk this week?**
- **What did that thing teach you about God? About yourself?**

G R O W

Read Matthew 11:28-30

Jesus is inviting us into real rest and away from what the world offers, which can be seen as a “counterfeit” form of rest. As we read in Scripture, God will show us how to take a real rest. We can leave

the restlessness behind, but it's another thing altogether to have the restlessness to leave us. God has provided an avenue for this restlessness to be healed in us — He called his people to Sabbath, which is fasting from *doing and producing*. When we incorporate the Sabbath into the rhythm of our lives, we will be clearly reminded that we are not ultimately in control, that the world keeps spinning without our efforts, and that that is a good thing! Resting is trusting that God is “before all things, and by him all things are held together” (Col. 1:17). This is real rest.

- **What does your soul need real rest from?**
- **Have you ever experienced this rest that God offers? Share.**
- **How do you think fasting will bring you into this real rest?**

MOVE

Read Proverbs 29:18; Matthew 26:41; Galatians 5:22-23

When we get some vision of what's possible with God, we will live differently in our day to day lives. As we move into our fast, we are expectantly praying for vision, for breakthrough, and for change — but we know this doesn't happen overnight or in our own power. The “future you” doesn't grow overnight, it's built over time. Fasting isn't intended for deeper religion but for deeper intimacy with God. This time of fasting is intended to draw us away from what our flesh so desires and intentionally replace it with what is better — nearness with our Father.

God is so much more interested in who He knows we can become instead of what we are giving up during this fast. He desires YOU, and for you to know more of how good and faithful he really is. Fasting will prepare us for what God has ahead while we take on more of God's character and become more and more like him. As we spend more time with God, we become more like him and this is the invitation that we, as a church are joining in together. This is where revival has the ability to happen! It begins in us first, then has a ripple effect to our homes, neighborhoods, workplaces... We are eager and expectant that this is beginning a movement of knowing God at a deeper level and being empowered to make him known to the people around us. It's an invitation to participate in what God is already doing around us, we just need to say “YES” in obedience, and this is when we will see powerful change.

- **What has God called you into over the course of these 21 days?**
- **What are you expectant for during this fast?**

- **Do you or someone you know need a breakthrough?**
- **Is there any hesitancy going into your fast?**

This Week's Challenge

- Get started in the 21 Day Fast journal located on the website.
- As you fast, begin your day by reading Psalm 91.
- There is so much life and encouragement found in words — send a text or give one of your group members a piece of encouragement.

P R A Y

Take time to pray together asking God to reveal himself as you all enter this season of a fast. The enemy wants nothing more but to derail, pray against his plans asking God to protect and give strength that only can come through Jesus and Jesus alone.

