



The Power to Change | Doug Wekenman | 1.8.23

Weekly Study

SHARE

Happy New Year! Who is ready for a change? This week Doug started our new series “The Future You” with encouragement to us that change is possible and that the power to do so is in Jesus and Jesus alone. We will get to where we are going to and as Doug said this week, now would be the time to change it. As a church we have been invited into a 21 Day fast and as a group we are invited to do this together. Remember, together is better.

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?

GROW

Read Matthew 11:28-30

Jesus is inviting us into real rest and away from what the world offers, which Doug mentioned as fake rest. As we read in Scripture, God will show us how to take a real rest. We can leave the restlessness, but it's another thing to get the restlessness to leave us. God has called his people to Sabbath which is fasting from doing and producing while remembering that we are not God. Resting is trusting that God is "before all things, and by him all things are held together" (Col. 1:17). Because when we stop moving, we will find out firsthand the earth keeps spinning and God keeps working. 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?

M O V E

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, for change and we know this doesn't happen overnight or in our own power. As Doug reminded us of the huge Redwood tree, the "future you" doesn't grow overnight, it's built over time. Fasting isn't intended for deeper religion but for deeper Intimacy with our God. This time of fasting is intended to draw us away from what our flesh so desires and intentionally to the better which is God, our Father.

God is so much more interested in who we are created to be rather than what we are giving up during this fast. He desires YOU and for you to know who he is and the vastness of him. He is faithful and so good. 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. It is said to "show your friends and it will reveal who you are." As we spend more time with God, we become more like him and this is the invitation that we, as a church are joining together in. This is where revival will happen beginning with us, in our homes, neighborhoods, workplaces... This is beginning a movement of knowing God and making him known. 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 these next 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.

Send a text or give one of your group members a call of encouragement. There is so much life in words.

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.

