



HOPE
lives here.

a 21-day prayer & fasting experience
at northwoods.church

To help make your time more fruitful, we have prepared resources to guide you on your journey:

- **Daily video devotional lessons from Pastor Cal**
- **Worship music videos featuring the Northwoods team**
- **This devotional journal, which includes group discussion guides for small groups and families**

There are several ways to access these resources:

Download the updated Northwoods mobile app for iOS or Android devices

With this free app, you can receive daily reminder notifications, watch the devotional and worship song videos, access the journaling guide, and more.



northwoods.church/hope2021

Visit the *Hope Lives Here* web page at northwoods.church/hope2021

Via this page you can access the devotional and worship videos or download a printable version of the journal.

Install the Northwoods channel on your video streaming device

You can also watch the devotional and worship song videos using the free Northwoods apps on Roku and AppleTV.



fasting resources

Fasting is an important discipline in the life of any Christ follower. This practice can be a powerful way to draw close to Jesus. A quick visit to northwoods.church/fasting will provide you with a crash course on fasting—types of fasts, how to choose a fast, important tips, how to incorporate fasting into your daily life, and more.

MEDICAL NOTE

If you have any medical conditions that would make it difficult or dangerous for you to go without food for any extended period of time, please check with your doctor as to what level of fasting would be advisable for you. Also note that there are non-food ways you can choose to fast, such as TV, social media, or spending.

Types of Fasts

- A normal or full fast involves going without food for a meal, a day, or a certain number of days. Drink plenty of water, and take in clear broth or 100% juices in order to maintain your strength.
- A partial fast involves giving up particular foods and drink. This is often referred to as the Daniel fast (cf. Daniel 1:12 and 10:3) because Daniel allowed himself no choice foods, meats, or wine—consuming only vegetables and water.

Tips to get started right

- Fast one meal a day, one day a week, or a partial fast for a few days.
- Cut out sweets and sodas altogether.
- Blend a 21-day partial fast with 1–2 days of a normal fast each week.
- Expect a normal fast to be uncomfortable at first. You may feel weak and experience a headache.
- Consider simple meals for several days as a form of fasting: yogurt, a spoonful of peanut butter, a small bowl of soup, a piece of toast, etc. This works especially well for those with medical concerns. The purpose is to maintain your spiritual focus, not to eat for pleasure or to spend time preparing food.



group discussion guide 1

Use this guide at the beginning of the 21-day fast.

Opener

What has been your history, if any, with fasting? What will you be fasting from for the next 21 days? How much hope do you have right now? What are some ways that you can increase hope in your life?

Worship

There are nearly 450 verses describing praise and worship. Read Psalm 146 one verse at a time, pausing to praise God for his many different character traits as revealed in each verse.

Group Discussion

Fasting is less about what we give up and more about making room for the Spirit.

- Read Matthew 6:16. Jesus implies believers will fast, but how often do we actually get around to doing it? Are you nervous to fast? Excited? If you have fasted before, what was easier than you thought it would be? What was harder?
- Fasting is markedly counter-cultural in our consumerist society. In what other areas is the Christian life different from society?
- Fasting is a temporary measure to increase our dependence on God and clean out those parts of our life that are unlike Jesus. What is one area, whether spiritual or otherwise, where you hope to accomplish some cleaning out during the fast?
- Without a purpose and a plan, it's not Christian fasting; it's just going hungry. Share some ways you can spend your time when you begin feeling hungry.

Action Item This Week

Begin to prepare physically and mentally for your fast. If you don't yet know the level at which you will fast, spend time in prayer to see if God has some specific direction for you.



group discussion guide 2

Use this guide after the first week of the 21-day fast.

Opener

Share with each other one part of the fast that has been difficult and one way you have felt the Lord's presence during the previous week. Was there anything that lifted your hope quotient?

Worship

Choose one or more worship songs to play and praise God together as a group.

Group Discussion

- Read Hebrews 11:1. Hope precedes faith. What do you need to believe about God's nature and character? How will believing those things increase your hope?
- Read Psalm 25:3. What has God said that you, by faith, need to act upon? What dream has he deposited in your life that you need to move towards?
- Read Romans 15:13. God IS hope! What is a negative thought that is stealing your hope?
- Read Romans 15:4. Hope comes into our lives through the Scriptures! What is a Bible verse or verses you turn to for encouragement?

Prayer

Try using the S.O.A.P. acrostic in your time with the Lord:

- **Scripture** – Select a particular passage of Scripture and spend some time meditating on it.
- **Observation** – What are you noticing about that particular passage of Scripture? Write it down.
- **Application** – What is God telling you through this passage? What is an action step?
- **Prayer** – Form what you have read into a prayer.



group discussion guide 3

Use this guide after the second week of the 21-day fast.

Opener

In the past year, what is something you have lost? How did it affect your hope for the future?

Worship

Take a few minutes at the beginning of group and silently listen for the Lord's voice. Write down anything you sense he may be telling you. Sitting in silence may feel uncomfortable, but God speaks to us in the still parts of our life.

Group Discussion

- Read Psalm 42:11. Stop listening to lies and start declaring truth about God's promises in your life. Why do you think it is so easy to believe the voice of the enemy and so hard to believe our Creator's voice?
- Read Lamentations 3:20-21. How do we rekindle hope when we have none? It's okay to cry over a loss but we should not allow our minds to take us to despair; instead we should focus on God's mercies and goodness. How has God shown his unfailing love to you? How has he shown you mercy today?
- Read Isaiah 40:31. There is a connection between waiting and hoping! When have you seen God renew your strength? Where are you acting when you should be waiting?
- Read Hebrews 10:35-36. When we can't see the end of our problems it makes the obstacles that much harder to bear and easier to lose hope. Where are you currently not seeing the end to a problem? How is it affecting your hope for the future?

Action Item This Week

First, ask God to show you where your thought life has focused on negative or impure things. Then, write those things down. Finally, ask God to help you think on more positive and pure thoughts and renew your mind.



group discussion guide 4

Use this guide after the final week of the 21-day fast.

Opener

How has this 21-day fast increased your hope? Where are you still waiting on the Lord to move?

Worship

Choose one or more worship songs to play from the video set and praise God together.

Group discussion

- Read 1 Thessalonians 5:8. The hope of our salvation protects our minds from the enemy. Have you taken off your helmet and allowed the enemy to sabotage your heart or steal your hope?
- Read 2 Corinthians 4:13. How easily are you able to speak hope into your life? Into others' lives?
- Read Ephesians 1:18. Have you ever prayed for more hope? How does praying for hope increase our faith?
- Read 1 Peter 3:15. Our hope is not just for ourselves; we are to share it with others. If someone were to ask you why you do or don't have hope, what would you tell them?

Action Item This Week

Use the following Bible Study Method to **FEAST** on God's Word. You can use these selected verses on hope, or you can choose your own.

- 2 Timothy 1:6
- 1 Thessalonians 5:8
- Luke 1:37
- 1 Peter 1:3
- Colossians 1:23

Focus your heart and mind – What do you want me to learn today?

Engage the text – What does the text say?

Assess the meaning – What did it mean to the original audience?

Spark transformation – How does it apply to me?

Turn towards God – How should I respond?



Visit northwoods.church/hope2021 for:

- VIDEO DEVOTIONAL LESSONS
- WORSHIP MUSIC VIDEOS
- PRAYER AND DISCUSSION GUIDE
- FASTING RESOURCES



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