

21 Days of Prayer and Fasting Small Groups Q & A

What is the purpose of 21 Days of Prayer and Fasting?

It is a time for our church to kick off the new year with corporate prayer and fasting asking God to do great things, bless our church family, our personal families, and you personally. This is a great time to give up something that has a strong hold on your life and replace it with an appointment with God every day in prayer.

Our biggest hope is that our church will use this time to develop a personal habit of daily prayer. You can use the 21 Days to work through the mechanics of getting up at the same time every day, working through a prayer model and becoming more specific and intentional about getting spiritual direction from God that aligns with His will and His purposes.

Why are we trying to launch groups for 21 Days of Prayer and Fasting?

Not everyone can make the 6 am prayer time or the Saturday 9 am time. By having small groups available individuals will be able to participate corporately.

This will also be a great way to expose people to the different small groups we have and could be a catalyst to them joining a group for the first time for the Winter / Spring semester.

This will also fill the gap we have once the Fall semester ends in November 2018 and the Winter / Spring semester starts in February 2019.

When do we meet? What do we do?

For Example: If your group meets on Tuesday night at 7 pm you would just meet at that same time and day for 21 Days. You will want to limit the group meeting to just one hour. There will be resources available to guide your group members through the prayer time. Your group is only meeting three times during the 21 Days of Prayer. No one is put on the spot to pray out loud in front of the group. This time is for personal reflection and prayer. We are meeting together corporately for accountability, support and encouragement.

Matthew 18:20 (NIV)

“For where two or three gather in my name, there am I with them.”

Template format of the prayer meeting:

1. Have a short casual connection time.
2. Hand out prayer request cards for your group members to fill out.
3. Have someone read the prayer emphasis and scripture that is provided for that day.
4. Have your group members share their prayer request card with someone else.
5. Have everyone spread out if possible if not just sit in a circle.
5. Begin Personal Prayer time using the prayer music playlist provided.
6. Group members pray to themselves until the playlist is finished.

Does anyone have to pray out loud?

No one is required to pray out loud. We trust that all of our small group leaders can pray for the group when it is applicable.

What do we pray for?

- Utilize the prayer request cards from members. Have them trade cards with someone.
- The prayer topic emphasized for that day. These topics will be provided in document form and can be found on Rock Brook's website under small groups.
- 21 Day Personal Prayer guide.
- Feel free to pray for whatever else your group members decided to pray for.

Where do I get the resources?

In December when we start promoting 21 Days of Prayer the resources will become available on Rock Brook's website www.rockbrook.org. Click on the "Connect" tab and then the "Small Groups" tab then scroll until you see the "21 Days of Prayer Small Groups" promo.

You can also pick up all you need during any of our weekend services starting in December when we start promoting 21 Days of Prayer and Fasting.

Where do I get the music?

The best way is to go to the small group tab and click on the Spotify link associated with "21 Days of Prayer Small Groups" or search on Spotify for "**RockBrookChurch**"



Spotify is a web based music service at no cost. The Spotify app can be downloaded to your phone or can be accessed online at [Spotify.com](https://www.spotify.com). There will also be a Music CD with the 21 Days playlist available. The CD can be picked up at the information table.

Can people go to multiple groups?

Yes. If people want to pray more than when their group meets they can meet and pray with other groups.

What if someone in my group or someone I know from Rock Brook wants to host their own prayer group?

That is great! We would like to know that they are hosting a group. Have them email smallgroups@rockbrook.org

Is this prayer group in addition to my small group that meets every week?

No. You would do the prayer and fasting on the day and time your small group meets during a regular semester.

What if I already have plans to do a study for January?

That is fine just be sure that your group is registered to meet for the Winter / Spring Semester starting February 10th. Registration for the Winter / Spring 2019 will start December 30th.

What if my group was not planning on meeting for the month of January?

That is ok. You might want to consider encouraging your group members to participate in 21 Days of Prayer and Fasting starting January 6th and ending January 26th. Monday – Friday we will meeting in the Worship Center starting at 6 am. Saturday starts at 9 am. No meeting on Sunday.

What if not everyone in my group wants to participate?

That is fine, we don't want this time of prayer and fasting to be a have to. If you only have one other group member interested go ahead and meet. Open up your group for others in the church to join you. Numbers are not as important as helping each other grow spiritually.