

# A DVD Guide for Groups and Individuals

## Session 1: Beginning . . .

1. What do you hope to learn during this 40-day journey? Do you have other hopes?
2. What are some of the obstacles that you foresee as you enter this fast? What are some healthy ways to respond when you slip up?
3. What are some ways you seek comfort, power, and strength in your life? How do these affect your life? How do they numb you from the injustices of those in need in the world?
4. What foods do you plan to eat during the 40 days?
5. How will you hold yourself and others accountable during the fast?
6. Have you ever taken a prayer walk? What are your thoughts about doing so during the 40 days?
7. How do you plan to celebrate the Sabbath during this fast?
8. What are your thoughts about how to remain humble during this fast?

## **Session 2: Things Sacred and Holy**

1. How can we make defiled things holy and restore what is broken through Christ?
2. What are some places where you feel closest to the Lord? During the 40 days, what scheduling adjustments could you make to spend time in these places? What might you do in these places?
3. What needs to be destroyed in your life so that you can allow Jesus to reign fully in you?
4. How can you bring peace into the world around you?
5. How do you see heaven breaking loose on earth? How is God inviting you in that restoration?
6. What else in this video stood out to you, and why?

## **Session 3: The Meaning of Abundance**

1. Compare your typical diet to that of those in developing countries. What feeling does this comparison give you?
2. You are likely at least two weeks into your fast by now. What are you learning from the experience?
3. In what ways do you open your table and life to the poor?
4. As you fast, what are some things you own that you feel are excessive?
5. How will you share from your abundance in this time?

## **Session 4: The Things We Trust**

1. How do people you know plan for their old age and death? What do people like Anna do? What is our trust in, and what should it be in?
2. How can we intentionally plan our meals and lives in a way that we are regularly sharing our abundance?

3. How often do you have meals with the TV on? Discuss what you think a meal would look like with your friends and family when there are no distractions around?
4. James writes that if you have true faith, you will act upon it. How do you and how could you help those who are hungry and sick around you?
5. Discuss the joy that you think a sponsored child receives when she receives a handwritten letter from a sponsor or friend from the US.

### **Session 5: Trials and Tribulation**

1. What might the significance of “Jerusalem” be to the people of Jerusalem, Haiti?
2. Discuss what it would be like to be on the Living Water International team that got their drill pipe stuck without finding any water. How does this story change your perspective about your own challenges?
3. Have you ever been camping? How many nights did you stay in the tent? Discuss what it would be like to stay with your entire family in that same tent for weeks, months, even years.
4. Jesus said, “Foxes have holes, the birds of the air have nests, but the Son of Man has no place to lay his head.” What are the implications for how we view those who do not have access to safe shelter?
5. Could your church do something to provide clean water to those in need? How would that look, practically speaking?

### **Session 6: Life from Rocks**

1. What lessons will you take with you from this fasting experience?
2. How will you continue this fast beyond the 40 days? What will you do differently with your budget or food intake? How might you raise awareness to get others involved?

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3. How do you and your church pray for folks in need of basic things, such as food, water, and shelter?
4. Note the parallel between when the rock rolled away from Jesus' tomb and when a drill breaks enough rock to bring forth water. God is in the business of bringing life from rocks. What are the rocks in your life from which God can bring life?
5. What are the rocks in your community and the world to which you can direct life-giving attention?

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— Chris Seay

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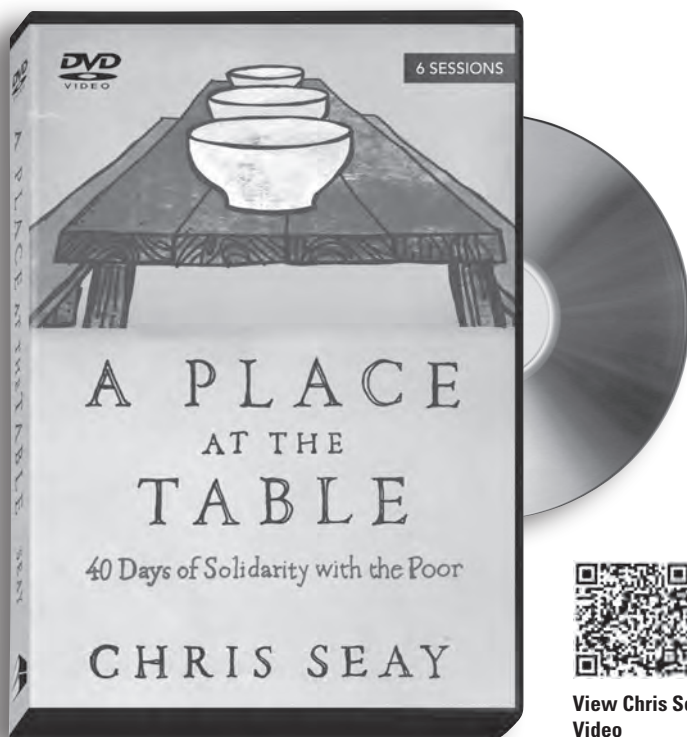
# 884 MILLION PEOPLE LACK ACCESS TO SAFE WATER

*not this  
one*



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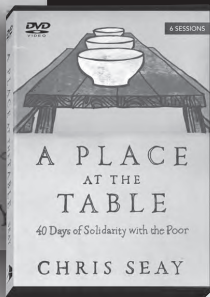
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