

# AWAKEN

For Groups

Awaken is an opportunity for us to take part in something bigger than ourselves - to set (or reset) rhythms of fasting and prayer in community with others. By committing ourselves intentionally to these spiritual disciplines, we will see God move in our Groups, in Cross Point and across Middle Tennessee.

Experiencing Awaken together as a Group is one of the best ways to participate in Awaken because it provides accountability, encouragement and a community. This guide is intended to help resource your Group as you pray and fast together using the provided [Prayer Guide](#).

## Before you meet:

- o Make sure to reach out to everyone who is signed up for your Group and let them know what to expect with Awaken and answer any questions they may have.
- o Make sure everyone in your Group has a copy of the Awaken Prayer Guide (physical or digital) to follow along with the prayer prompts for the month.
- o Create a simple plan for your time together based on the format below and the week's devotional content.

## Start slow: (10 minutes)

The gift of Awaken is that fasting and praying together can be like jumping into the deep end! This may be different than other groups you've been a part of – that's ok!

When you meet, begin your time with a fun or easy question to help your Group get comfortable sharing more later. Here is a simple [Icebreaker Guide](#) to get you started. If your Group is new, then take some additional time to get to know one another by asking questions like "Where did you grow up" or "What's your favorite song and why?"

You can also begin by sharing "highs and lows" from the week:

- o What or who are you thankful for this week?
- o What has been a struggle or difficulty for you?

Take a moment to remind the Group **why you're meeting** and **what Awaken is all about**. (Pro tip: Language can be found at [crosspoint.tv/awaken](https://www.crosspoint.tv/awaken) and in the Prayer Guide you are using).



## Getting into the weekly devotionals: (60 minutes)

As you turn the corner, take a moment to recap what the devotional covered this past week. Read the particular verse of the week from the Lord's Prayer (found in Matthew 6:9-13) that was discussed. Also, consider having others in the Group read through the supporting Scriptures that are included in the Prayer Prompts for the week.

- o How are you choosing to participate in Awaken through fasting and prayer (and why)?
- o What and who have you been praying for?
- o What have you learned this week about prayer or fasting?
- o What was most significant for you in the devotional this week?
- o What has been the most impactful part of this fast for you?
- o What has been the most difficult part of the week?
- o How has God spoken to you so far?
- o What questions came up for you as you were praying through the devotional?
- o What are you looking forward to this month as we go through Awaken?
- o What are you anxious about this month as we go through Awaken?
- o What do you hope God does through this month of fasting and prayer?

## Application: (10 minutes)

Ask the Group what next steps they need to take based on what they've learned and experienced so far through Awaken. When you meet next time, you can begin by asking how these next steps went for everyone.

- o Do you need to adjust how you are fasting, or select a fast type if you haven't yet?
- o Consider making a list of neighbors/friends/family members to pray for.
- o Consider setting aside a specific time each day to intercede for your community.
- o Is there anything that needs to be removed from your life, to make room for God?
- o How can you be a part of answering one of the prayers you're praying this month?
- o If you're praying for people to have a relationship with Jesus, what are ways that you can show them Jesus this week? Bring them a meal? Send a text? Invite them to church?



## Closing prayer: (10 minutes)

You can ask for prayer requests from the Group before you pray and either pray for them yourself or ask that everyone pray for someone else in the Group.

- o Pray for the struggles and needs of the Group.
- o Ask God for breakthroughs and transformation as you go through Awaken together.
- o Pray for the communities and relationships that will be impacted by your intercession.
- o Ask the Lord to reveal Himself to each one of you as you seek Him this month.