

Adult Small Group Discussion Questions (01/07/2026)

1. **Nehemiah was deeply affected by what he heard about Jerusalem (Neh. 1:3–4).**
What situations in our church, city, or personal lives genuinely move us to prayer—and what situations have we grown indifferent toward?
2. **Nehemiah’s prayer began with weeping, mourning, fasting, and praying.**
How do we typically respond when we hear bad news or face great need? What might it look like to slow down and respond more like Nehemiah?
3. **The sermon states: “Prayer that brings breakthrough is born out of a deeply felt burden.”** How can we discern the difference between a God-given burden and a passing concern?
4. **Nehemiah confessed not only national sin but personal and family sin (Neh. 1:6–7).**
Why is confession such a critical part of effective prayer, and what happens when it is neglected?
5. **Nehemiah prayed based on God’s character and promises, not his own merit.**
How does praying Scripture (like Neh. 1:8–9) strengthen our faith and confidence in prayer?
6. **The prayer included both spiritual requests and practical requests (favor with the king).**
How can we balance spiritual dependence on God with asking Him for real-world solutions?
7. **Scripture repeatedly connects fasting with urgent prayer (Daniel 9; 2 Chronicles 20; Ezra 8).**
What role, if any, should fasting play in our personal lives or as a small group today?
8. **James 4:3 warns about wrong motives in prayer.**
How can we honestly evaluate our motives when praying for breakthrough, revival, or success?
9. **Jesus wept over Jerusalem (Luke 19:41), just as Nehemiah wept over its condition.**
What breaks God’s heart today, and how closely does our heart align with His?
10. **Nehemiah prayed—and then stepped into obedience as the king’s cupbearer (Neh. 1:11).**
How does obedience prepare the way for answered prayer, and what step of obedience might God be asking you to take right now?

2026 Prayer & Fasting – 21 Days

Prayer is not our last resort—it is our first response. Throughout Scripture, whenever God’s people faced moments of crisis, transition, or the need for revival, they did not begin with strategy; they began on their knees. Nehemiah did not rush to the king—he first rushed to God. Before a wall was ever rebuilt, a heart was broken in prayer.

Fasting does not twist God’s arm, but it does tune our hearts. It quiets our flesh so we can hear the voice of the Spirit more clearly. In times of fasting, we declare with our lives that we desire God more than comfort, more than convenience, and even more than provision. Prayer aligns us with God’s will; fasting intensifies that alignment.

Breakthrough often comes not because the situation changes immediately, but because *we* change. God uses prayer and fasting to refine motives, reveal sin, awaken compassion, and strengthen faith. Revival has always been preceded by repentance, humility, and hunger for God.

Jesus assumed His followers would fast—not *if* they fasted, but *when* they fasted (Matthew 6:16). Prayer and fasting are not reserved for emergencies; they are disciplines that keep us spiritually awake, dependent, and ready for God to move.

2026 Challenge

As we step into **2026**, the question is not whether God is able—but whether we are willing. **Challenge your group to commit to intentional prayer and fasting this year.** Encourage everyone to ask the Lord: *“What are You calling me to believe for, surrender, or intercede over in 2026?”*

Group Challenge Options:

- **Personal Commitment:**
Commit to a regular rhythm of prayer (daily set time) and fasting (weekly, monthly, or seasonally).
- **Group Fast:**
Choose one day, one week, or one season where your small group fasts together for:
 - Personal breakthrough
 - Church revival
 - Families and marriages
 - The lost in your city
 - God’s direction for 2026
- **21-Day**
Begin the year with a focused time of prayer and fasting, believing God for spiritual renewal and clarity.
- **Sacrificial Faith Step:**
Encourage each person to fast something meaningful—not just food, but anything that competes for their attention and affection (media, comfort, habits).