

BREAKTHROUGH

FASTING AND PRAYER

GROUP GUIDE

This guide is designed to help you experience deeper intimacy with Jesus and build meaningful, lasting relationships with others. Get together with friends or find a group by visiting brookwoodchurch.org/groups. Let's grow stronger together!

Breakthrough in Worship

Goes along with the Breakthrough Teaching Sessions: January 11-13, 2026

CONNECT

Here are some questions to get the conversation rolling.

1. Outside of a church building, where do you feel most connected to God?
2. What's one thing you saw or experienced this week that made you stop and say, *Wow, God is amazing?*
3. If you had to pick one song that currently describes the theme of your soul, what would it be?

PRAY

Spend a few minutes in prayer, drawing your attention toward God. Consider these prayer points as you invite God to lead and guide you.

- Dear Lord, I pray You'd break through the noise and help me hear Your voice.
- Help me sense Your presence at all times in many ways.
- I'm here, ready to receive from You. I hold nothing back.
- Lord, grow my trust and dependence on You. Reveal parts of my heart and life where I rely on my power instead of the power You've given me through the Holy Spirit.
- I pray You'd help me experience You in this area (name an area) of my life this week.
- I pray You'd deepen my love and concern for the people around me.
- May the people of Brookwood (maybe name specific people) get lost in the wonder of who You are.

I did not ask for success; I asked for wonder. And You gave it to me.

Abraham Joshua Heschel

STUDY AND DISCUSSION

Don't rush through this. It's OK if you don't get to all the questions. Sometimes it'll make sense to go on to the next question. Other times, you might slow down and process a bit longer. Allow God to guide the pace of your discussion.

This week, we'll walk verse by verse through Psalm 34:1-7 (using the NIV). May this time of study and discussion draw your eyes toward God, deepen your understanding of Scripture and cultivate in you a heart worship.

Psalm 34:1

*I will extol the LORD at all times;
his praise will always be on my lips.*

1. The word *extol* means *to praise someone or something very much* (Oxford English Dictionary) or from the Latin to *lift up*. David wrote this Psalm while pretending to be insane to escape a king. How does knowing he was a *wanted man* change your perspective on his promise to praise God at all times?
2. How is it possible to praise God *at all times*, even when you feel tired, stressed or distracted?
3. On a scale of 1–10, how easy has it been for you to have an attitude of worship this past week? Why?

Psalm 34:2-3

*I will glory in the LORD;
let the afflicted hear and rejoice.
Glorify the LORD with me;
let us exalt his name together.*

4. What does it mean to *glory in the Lord*, and when have you seen this cause *the afflicted to rejoice*?
5. How is worshiping God with others different than worshiping Him alone?
6. What's something God has done in your life lately you feel you should be *exalted* with others?

Psalm 34:4

*I sought the LORD, and he answered me;
he delivered me from all my fears.*

7. What's the difference between God removing a scary situation and God delivering us from the fear itself? Which do you usually pray for?
8. Have you ever experienced God giving you peace even while the situation was still happening? Describe what that was like.
9. When has someone else's faith carried you? Describe the situation and what that was like for you.

Psalm 34:5

*Those who look to him are radiant;
their faces are never covered with shame.*

10. Why is radiance described as a result of attention, not effort?
11. When has shame distorted your view of God?
12. What would have to change inside you for praise to become your first language rather than your last resort?

Psalm 34:6-7

*This poor man called, and the LORD heard him;
he saved him out of all his troubles.
The angel of the LORD encamps around those who fear him,
and he delivers them.*

13. Why does crying out often feel like failure?
14. What practices help you seek rather than spiral?
15. Where do you most need to believe that God is near?

PERSONAL APPLICATION

Ask God what He wants you to know and remember from this week's study and discussion. Share this with your group or with a friend, and pray for each other.

THE PRACTICE OF REORIENTATION

Rather than focusing on our fears or troubles, or even the responsibilities of everyday life, it's good for the soul to reorient our hearts toward God.

1. Choose a simple phrase of worship (like *You are here*, or *I belong to You*, or *You are enough*).
2. Set three to five natural cues during the day (entering a room, grabbing your phone, stopping in traffic).
3. At each cue:
 - a. Pause for 5-10 seconds.
 - b. Breathe slowly.
 - c. Say your phrase of worship quietly or out loud.

Try doing this every day this week and see what happens!

SCRIPTURE MEMORY

One of the best ways to hear God in your daily life is to have His words rooted in your heart. Memorize this Scripture to direct your heart and mind in the ways of God.

*I will extol the LORD at all times;
his praise will always be on my lips.*

Psalms 34:1 (NIV)