

## Discussion Guide

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# The Push, The Pause, His Promise

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### Main Idea

Sometimes, a small push is all you need to gain momentum. Just as my kids ask me to push them on the swing, God's plan often includes moments of pause that provide the momentum needed to reach His promises.

### Anchor Verse:

*"May the God of hope fill you with all joy and peace as you trust in Him, so that you may overflow with hope by the power of the Holy Spirit."* (Romans 15:13 NIV)

### The Push

Sometimes we just need a little push and it starts with surrender. When we allow the presence of God to Consume every area of our lives it begins to restore Holiness and righteousness and it produces even more momentum in our lives.

Read: Acts 2:1-4, Hebrews 12, 29, 10:25

In what areas of your life might you be resisting surrender to God? How do you plan to engage with the 21 days of prayer and the reading challenge over the next month?

### The Pause

Sometimes there is protection and direction in the Pause.

Read: Isaiah 40:31

How can you incorporate intentional moments of pause and rest into your routine to better hear God's voice and avoid burnout?

## **His Promise**

Momentum is found when you lean into the PUSH trust God in the PAUSE, and possess faith for His PROMISE.

Read: Psalm 37:23, Isaiah 41:13

How can you embrace the ups and downs of your spiritual journey with patience and faith? What practices can help you maintain momentum even during challenging times?

## **SUMMARY**

The Push represents the encouragement needed to move forward in faith, facilitated through prayer, scripture, and community challenges. The Pause involves taking intentional breaks to hear God's guidance and avoid burnout, emphasizing the importance of rest and renewal. His Promise assures us that God directs and blesses those who follow Him, and true momentum comes from trusting God's plan, embracing His guidance, and surrendering control. The 21 days of prayer and fasting are presented as a key opportunity to deepen our relationship with God and experience renewed spiritual momentum.

## **CALL TO ACTION**

1. Commit to read the Gospels this month as well as the book of Acts over the next 21 days. Consider who you can ask to join with you in the challenge.
2. Reflect on a time when you felt stuck and needed a push to gain momentum. Think about who it was that supported you in moving forward.
3. Join us in the 21 Days of Prayer and Fasting. Visit [Hopecity.com/21days](https://Hopecity.com/21days) for more information.

# GROUP LEADER RESOURCE

## **Game:** "Momentum Mapping"

**Objective:** To apply the concepts of encouragement, rest, trust, and renewal in a personal and communal context, integrating them into a plan for spiritual growth and well-being.

### **Materials Needed:**

Large paper or poster board, Markers or pens, Sticky notes or index cards

### **Setup:**

Spread out a large sheet of paper or poster board where all participants can see and contribute. Provide markers or pens and sticky notes or index cards.

### **Instructions:**

#### **Introduction (5 minutes):**

Briefly review the concepts of The Push, The Pause, His Promise, and the significance of the 21 days of prayer and fasting.

#### **Personal Reflection (10 minutes):**

Each participant reflects individually on the following questions and writes their answers on sticky notes or index cards:

**The Push:** What is an area in your life where you need encouragement and support to move forward in faith?

**The Pause:** What intentional breaks or practices could you implement to hear God's guidance and avoid burnout?

**His Promise:** How can you trust God's plan and embrace His guidance in your current situation?

**21 Days of Prayer and Fasting:** How will you approach the 21 days of prayer and fasting to deepen your relationship with God?

### Group Sharing and Mapping (15 minutes):

Participants place their sticky notes or index cards on the large paper or poster board, creating four distinct sections labeled: "The Push," "The Pause," "His Promise," and "21 Days of Prayer and Fasting." Each participant shares their reflections with the group, discussing their responses and contributing to each section of the map.

### Creating a Group Plan (10 minutes):

As a group, discuss and compile the collective ideas into a unified plan:

- Encouragement Plan: Identify ways the group can support each other in their faith journey (e.g., regular check-ins, prayer partners, shared Bible study).
- Rest and Renewal Plan: Develop group practices or rituals for taking breaks and listening for God's guidance (e.g., scheduled group prayer time, meditation sessions).
- Trust and Guidance Plan: Create strategies for embracing and trusting God's plan together (e.g., group discussions on God's promises, sharing personal testimonies).
- 21 Days of Prayer and Fasting Plan: Outline how the group will participate in and support each other through the 21 days of prayer and fasting (e.g., daily devotionals, fasting schedules, group prayer meetings).

### Commitment and Follow-Up (5 minutes):

Each participant commits to specific actions based on the group plan and shares their personal goals for the upcoming weeks. Set a date for a follow-up meeting to discuss progress and provide mutual encouragement.

### Debrief:

Reflect on how the exercise helped clarify personal and group goals. Discuss the importance of integrating The Push, The Pause, His Promise, and the 21 days of prayer and fasting into daily life and spiritual practices.