

FOCUS: Our **40 Days of Decrease** is the pursuit of a different kind of fast creating a different kind of hunger. It is a call to fast things like *regret, pride, resentment*, and more so that we increase our pursuit of God and His Kingdom. This week, we focus on unity and holiness.

1. Based on the fasting challenges from Days 23-28, which have been most challenging or enjoyable? How has it drawn you closer to God or felt like a project?
2. Meditate on John 17:6-19. What observations, questions, feelings, or conclusions come to mind? How do the things Jesus prays for inform your prayer life?
3. Look at Galatians 3:28, 1 Peter 1:15-16, John 3:16. How do these passages reflect God's heart and further inform Jesus' prayer in John 17? How do they inspire you to be more like Christ?
4. Gary said in his message ... "Jesus' prayer in John 17 clearly shows that holiness was not only the **goal** of Jesus' life, holiness was what **drove** His life. When Jesus prayed, "*For them I sanctify myself, that they too may be truly sanctified*" (John 17:19) He is stating: "The whole purpose of my life on earth is the holiness of my followers." Do we understand the ramifications for us? It means that if we want to have anything to do with Jesus, we have to be willing to let Him make us holy." What are your thoughts? What about holiness seems inviting? What about holiness seems overwhelming?
5. This week, how will you apply God's power (John 17:11) and grow towards unity and in holiness?

CALL TO ACTION

- a. Use this breath prayer often to decrease: **[inhale] May You, Lord, increase [exhale] and I decrease.**
- b. Complete fast challenges from **40 Days of Decrease** (Days 29-34) to draw closer to God.