

Discussion Guide

January 4, 2026

The Reset - Fresh Fire - Week 1

“Locked In”

Pastor Daniel Groves

Main Idea

As we begin our January series, FRESH FIRE, we are leaning into a renewed passion for understanding God’s heart and His ways. Today’s message, LOCKED IN, centers on heart-level focus—moving beyond distraction and routine to wholehearted devotion. God’s desire, as Jeremiah reminds us, is a people who recognize Him as Lord and return to Him fully, fixing their hearts and attention firmly on Him.

Achor Verse: *“I will give them hearts that recognize me as the Lord. They will be my people, and I will be their God, for they will return to me wholeheartedly” (Jeremiah 24:7, NLT).*

INTRODUCTION

WHAT HAS MY ATTENTION DETERMINES MY DIRECTION

What has your attention is quietly determining your direction, which is why God is not just after a new year for us, but a new level of commitment and alignment. In the most distracted generation in history, being spiritually logged in is not enough—only a consecrated, locked-in focus on God positions our lives for real transformation.

Discussion: What currently has the greatest share of your attention, and how might that focus be shaping the direction of your spiritual life in this season?

SO HOW DOES PRAYER & FASTING CULTIVATE GODS PRESENCE?

Prayer and fasting cultivate God’s presence by realigning our hearts—fasting moves us closer to God, and prayer positions us under His will. Together, they create space for God to reveal, redirect, and release His power, especially in a culture that constantly shapes us through what we consume.

Discussion: In what ways might prayer and fasting help you become more aware of what has been shaping you, and how could that awareness change the way you live and respond to God this year?

1. LOCKED-IN HEARTS CHOOSE HOLINESS OVER COMFORT

Locked-in hearts choose holiness over comfort by prioritizing spiritual sensitivity over personal satisfaction. Like Daniel, fasting and disciplined prayer are not about appearance or punishment, but positioning—creating space for God’s voice, remaining faithful under pressure, and living with integrity so deep that even opposition becomes confirmation of spiritual effectiveness.

Scripture: Daniel 6:3-10

Discussion: Where do you see the tension between holiness and comfort most clearly in your life right now, and what might God be asking you to surrender or realign in this season? How could greater consistency in prayer and spiritual disciplines help you remain faithful and spiritually grounded when pressure, resistance, or temptation shows up?

2. LOCKED-IN PRAYER PRODUCES SPIRITUAL CONSISTENCY

Locked-in prayer produces spiritual consistency by forming faithfulness long before a crisis ever arrives. Because Daniel prayed continually, God’s supernatural protection in the lion’s den became a public testimony—revealing that consistent devotion invites divine intervention and influences others beyond our own lives.

Scripture: Daniel 6:13-26

Discussion: How might developing a more consistent prayer life now prepare you to trust God and remain faithful when unexpected challenges or high-pressure moments arise?

3. LOCKED-IN DEVOTION ACTIVATES GOD’S SUPERNATURAL POWER

God may not always keep us out of the den, but He is always present and powerful within it, giving us authority to stand firm through prayer and fasting. These disciplines are not routines but intentional choices that realign our lives toward God, calling us to choose presence over convenience and walk forward together in faith.

Discussion: When you face resistance or hardship, how might viewing prayer and fasting as sources of spiritual authority—rather than ways to avoid difficulty—change the way you respond and trust God in those moments?

SUMMARY

****LOCKED IN**** calls us, in this season of ****FRESH FIRE****, to move from casual faith to wholehearted devotion by examining what has our attention, alignment, and allegiance. Through Daniel's life, we see that prayer and fasting do not change God but change us—cultivating spiritual clarity, consistency, and courage in a culture constantly shaping us through what we consume. Locked-in hearts choose holiness over comfort, remain faithful under pressure, and develop disciplined prayer lives that prepare them for both daily faithfulness and unexpected trials. While God may not always keep us out of the den, He is always present within it, using our obedience and perseverance as a public testimony—calling us as a church to intentionally seek Him together through prayer and fasting.

CALL TO ACTION

LOCKED IN and the **21 Days of Prayer & Fasting** emphasis at Hope City: hopecity.com/21days

- **Choose Your Fast Intentionally**
Prayerfully decide what you will deny in your flesh so your spirit can grow—food, media, habits, comforts, or distractions—and commit to it for the full 21 days.
 - **Show Up in the Room When You Can**
Prioritize attending in-person prayer gatherings whenever possible, choosing presence over convenience and unity over isolation.
 - **Establish a Daily Prayer Rhythm**
Set a consistent time and place each day to pray, not only in crisis but as a discipline that forms spiritual stability and readiness.
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GROUP LEADER RESOURCE

My Dream Emoji

In this activity, participants share the emojis that they wish existed. For example, players might create a gingerbread cookie emoji or the words “JUST NO!” Participants can describe the emojis in words or submit a picture. Then, a leader shares the emojis one by one, and players must guess which group member suggested which emoji.