

Discussion Guide

January 11, 2026

The Reset - Fresh Fire - Week 2

“Leaned In”

Pastor Daniel Groves

Main Idea

Being leaned in is the posture that follows a genuine decision to trust God. It is not merely attention or intention, but active dependence when pressure, fear, and uncertainty arise. As seasons reset and expectations are fresh, God forms His people by teaching them how to respond before clarity arrives. This message reminds us that spiritual maturity is revealed not by control, but by surrender. The end of one season and the beginning of another exposes where our trust truly rests. God invites His people to lean forward in faith, even when outcomes are unseen.

Anchor Verse: *“I will give them a heart to know me, that I am the Lord. They will be my people, and I will be their God, for they will return to me with all their heart.” (Jeremiah 24:7 NIV).*

1. Leaned In People Pray Before They Panic

When fear first appears, the instinct of the flesh is to react, defend, or retreat. Scripture shows that leaned in people respond differently by turning toward God before allowing fear to take the lead. Prayer is not denial of danger, but a declaration of trust in God’s authority over it. Jehoshaphat acknowledged his fear without allowing it to dictate his next step. Prayer reorients the heart away from self-preservation and back to dependence on God. When prayer comes first, panic loses its power.

Scripture: 2 Chronicles 20:3–4, Philippians 4:6

Discussion: Consider the situations in your life that most often trigger panic or urgency, and reflect on where you instinctively turn first in those moments. Discuss how praying before reacting reshapes the way pressure and unexpected challenges are handled. Talk together about what practical changes would help prayer become a first response rather than a last resort.

2. Leaned In People Admit Their Limits Without Losing Faith

True faith does not require pretending to be strong when we are not. Scripture consistently affirms that God responds to humility, not self-sufficiency. Admitting limitations is not a failure of faith, but an expression of trust in a limitless God. Jehoshaphat's confession revealed honesty without despair and dependence without resignation. Faith is strengthened when pride is released, and surrender takes its place. God is most clearly seen as sufficient when we acknowledge that we are not.

Scripture: 2 Chronicles 20:12, 2 Corinthians 12:9–10

Discussion: Reflect on why admitting weakness is often misunderstood as a lack of faith, and how that belief may shape spiritual habits. Share areas of life where self-reliance is most tempting and where surrender feels most difficult. Discuss how honest dependence on God can deepen prayer life and lead to greater spiritual maturity.

3. Leaned In People Praise Before They Have Proof

Praise before deliverance reveals a settled trust in who God is rather than what He does. Worship is not reserved for the outcome, but offered in obedience on the way to it. In Scripture, praise realigns the heart with God's sovereignty and shifts focus from fear to faith. The people of Judah praised God without evidence of victory, trusting His promise alone. This posture transforms worship into an act of spiritual warfare. When God's people praise in advance, they declare that God is faithful regardless of circumstances.

"Being confident of this, that he who began a good work in you will carry it on to completion until the day of Christ Jesus." (*Philippians 1:6 NIV*)

SUMMARY

Living leaned in is a daily posture of trust, not a momentary decision. God forms His people by teaching them to pray before panic, surrender pride, and praise in faith. These practices anchor the heart in God's character rather than shifting circumstances. Spiritual formation happens when trust is chosen repeatedly, especially in uncertainty. God remains faithful to complete what He has begun in those who stay leaned in.

CALL TO ACTION

21 Days of Prayer & Fasting resources are found on hopecity.com/21days

- Identify one area of your life where fear has been leading and intentionally bring it to God in prayer before taking action.
- Practice honest surrender this week by naming your limitations and inviting God's strength into those areas.

- Choose one moment each day to praise God intentionally, even when outcomes remain unclear.
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GROUP LEADER RESOURCE

Guided Posture Prayer

Invite the group to sit quietly with open hands for two minutes. Ask each person to silently name one area where they need to lean in rather than pull back. Close by reading Philippians 1:6 aloud and praying a brief prayer of trust together.

If you want, the next step could be tightening confirmation language for print layout or creating a reusable master template that locks this discussion format permanently.