



## Dig Deeper @Home – “Seeking”

### Complement to lesson on 2/15/26 – “Seeking through Fasting”

#### ICE BREAKER – Questions to open dialogue and learn more about those gathered

1. What's your favorite book/movie/story?
2. Finish the sentence: Confession is ...

#### MEMORIZE – Matthew 6: 32-33

For the Gentiles seek after all these things, and your heavenly Father knows that you need them all. But seek first the kingdom of God and his righteousness, and all these things will be added to you.”

#### READ – Daniel 9

##### Questions to ponder/discuss:

1. Re-scan the text and consider...
  - a. What did the Holy Spirit draw your attention to as you read?
  - b. Is anything repeated? Contrasted? Compared? (If so... why might that be?)
  - c. What in these verses is interesting? What is confusing?
  - d. What are the verses revealing about God? What are the verses saying about people?
  - e. In light of these, what needs to change in your life? What are you already doing well?
2. Why is Daniel fasting? What is he seeking to accomplish?
3. What is most striking about Daniel's prayer?
4. What is the response to Daniel's fast? What connections to Daniel's prayer of confession do you see in the LORD's response through Gabriel?

## **EXPERIENTIAL ACTIVITY – Fasting with Confession**

Pick a day this week to fast. Decide what you are fasting from and pick a place to be still. Get rid of all distractions. Have a pen and notepad with you. Read through Daniel's prayer (Daniel 9:4-1). What does this reveal about God's character? Write these down in your journal. Spend time worshipping God for these things, considering how you've experienced them in your own life. Write these down as well. Read through Daniels prayer a second time, this time looking at what Daniel confesses. Write these down. Now spend time confessing actions, thoughts, postures of yours that are not in alignment with the LORD. Write these down as a means of confessing. Now spend time in silence and hear from the LORD directly. Perhaps a song comes to mind, listen to it. Perhaps a scripture comes to mind, read it. Perhaps nothing really comes to mind, keep waiting. Make a plan to practice fasting in this way each week until Easter to thoroughly seek the LORD through fasting this year.

### **SING (or listen to)**

**Be Gracious (Psalm 51)** - <https://youtu.be/j40uTRaZkMg?si=6NEgKy5rrleU3Ptk>

**Marvelous Grace** - [https://youtu.be/H-rW7jyN\\_7M?si=CIKfX22OYQhaTfLu](https://youtu.be/H-rW7jyN_7M?si=CIKfX22OYQhaTfLu)

**The God we Love** - [https://youtu.be/bnpahw5qiew?si=yx8FsF2SPuG7\\_JGb](https://youtu.be/bnpahw5qiew?si=yx8FsF2SPuG7_JGb)

**Boldly I Approach** - <https://youtu.be/4QDnVD7gu5Y?si=dFEHdwAmMw41Dhba>

### **PRAY**

This is a time to gather around for prayer requests and to share how you have seen God at work. A time to hear where God is showing up in our lives and where we need Him to help us, for this week.

### **Sending prayer based on the message:**

Thank you Lord for your mercy. Forgive me, transform me and shine your face upon me not because of my righteousness but according to your mercy. Holy Spirit, guard me and guide me as I go this day, to bring You honor and glory and to live for the good of those around me.