
Personal practices (activities): The purpose is relationship.

Let your desire lead you. Matthew 13:44-46 | Psalm 34:8

Turn your “I should” into “I want to”.

My relationship builders:

Personal practices (activities), prayer, the Word, fasting, giving, serving. Matthew 6:1-6

1. They are between you and God.
2. They are rewarded.
3. They are personalized.
4. They grow my Confidence in God.

Don't overthink it. John 15:9-11

My next steps:

- Take a taste.
- Put into practice with the purpose of relationship.

Some of our Life Groups use this insert as a discussion guide throughout the week. We encourage you to take that next step in your journey with Jesus and His church by joining one today! www.seekreallife.com

Connecting

Thinking back on what we experienced on Sunday, is there an insight or discovery that the Lord revealed to you?

Have you ever developed a new and healthy habit? What was your strategy? How long did it take to “stick”?

Why did you decide to take the steps necessary to make this change?

What do you recognize in your life that need to change? What are the barriers that keep you from this needed change?

Digging Deeper

Read 1 Timothy 4:8-10

What comparison does Paul make between physical training and training for godliness? How important is it for you to keep this in proper balance?

When you struggle and work to get in shape, what benefits do you see?

Do you think there may be Spiritual benefits from “working-out” daily with Jesus? Have you ever experienced these benefits? Please share.

