Series: FOCUS

October 15, 2017

Message: Relationship Builders

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 <u>rewarded</u>.
- 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.

Life Group Study

For week of October 15, 2017

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.

Read Matthew 6:3-4, 6, 17-18	Notes:
In these verses Jesus talks about three different "God workouts". Which exercises have you done with Him?	
Why do you think Jesus says "when" and not "if", when talking about these workouts? Are they a part of your life in relationship with Jesus? Why or why not?	
Why do you think it's so important to God that these are done in secret? Do you struggle with this desire to be admired by others?	
Read Psalm 51:16-17	
What is the most important to God? What can be a danger to developing Spiritual workouts apart from a relationship with God?	
Can we be broken but think we're just fine? What has God done in your life when you've made the decision to confess and move in a new direction with Him?	
Take a moment and thank God for what His Spirit reveals in our lives that need to change. Ask Him, as you begin your day, what workouts He'd like you to do with Him today.	
Physical training is good,	
but training for godliness is much better, promising benefits in this life and in the life to come.	
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-1 Timothy 4:8