

REDISCOVER JESUS. CHURCH. OUR JOURNEY

“The Essentials to Finding Your Way”

Lesson 5 OUR JOURNEY – *THE DISCIPLINES OF AN EFFECTIVE LIFE*

♥ **Group Opener:** *(Choose a question for your life group to discuss.)*

1. Have you ever had the experience that after careful study of the Word of God you changed your actions, opinion or even life style? Please share an example with the group.
2. As a child did somebody teach you to pray or give you a model prayer? Do you remember what you prayed for?
3. What has been your experience with fasting?
4. When is it the hardest for you to concentrate on worshipping God?

♪ **Worship and Waiting on God:**

Have someone in your group prepare to lead in worship. Before worship begins pray over the leader and invite the Holy Spirit to use them.

✍ **Group Facilitator** – *It is not necessary to use all the questions. Select ones that will stimulate the most response from your small group.*

The moment of salvation every believer begins a journey that takes them from the cross of Calvary to living in the very presence of God in heaven. There are many disciplines in the Christian Life that help us to stay on the straight and narrow path that leads to life and godliness.

1. In 1 Timothy 4:7 we read, “Don’t waste time arguing over foolish ideas and silly myths and legends. Spend your time and energy in the exercise of keeping spiritually fit.” Studying the right things is as important as studying altogether. How do you determine what the right things for you to study are?
2. We all live hectic, busy lives, and we are often pulled in many different directions. How can we positively encourage one another to study the Word of God on a regular daily basis?
3. Jesus taught us to come to the father like little children. What are some of the characteristics that a child exhibits when talking to a loving parent? (Example: honesty, openness, trust, imagination, etc.)
4. “Answers to prayer are wonderful, but they are secondary to the main function of prayer, which is a growing, perpetual communion. It is out of this

- refreshing life of communion with Jesus Christ that answered prayer comes as a happy by-product" (Richard Foster). How do you feel about this statement?
5. Read Isaiah 58:3-10. Discuss the type of fast God is looking for.
 6. During a fast, why is it helpful to read various portions of Scripture that may apply to our situation and then meditate on them?
 7. Read Romans 12:1-2. In your own words explain the difference between **attending worship** and **living in worship**.
 8. How does regular fellowship with other believers help your worship God with new and fresh eagerness?
 9. Is God interested in how we handle our money? Explain
 10. Which is more important to God, the amount we give or the attitude with which we give? Explain?

✓ **Selah (Stop and Think about it):** *(Take the time to make personal application of this section. Have each member share with the group.)*

- We all agree that we should be spending time daily in devotional study of the Word of God, prayer and worship. What are practical steps you can take to free up some time in your busy schedule to make this happen?
- God has called us to be cheerful givers. What are some ways we can give of time, energy, money, talents, etc?
- As a follower of Christ, how important is it for you to have regular time of fasting? What are some steps you can take to make this happen?
- Get into small groups and pray for each other -- Ask God to help each member of the group to rearrange priorities in their schedule to be able to spend time with Him on a daily basis.
- Which area of your devotional life will you work on this week? List some steps you will take to see this area of your devotional life improved