



Life Group Material

Sunday 9th February 2020

ICE BREAKER: Was there a time in your life when you had to exert great discipline to achieve something?

ENCOUNTER: Listen to a worship song together

Materials: Ability to play a worship song and copies of the song's lyrics

- Preparation: Choose a worship song for your group to listen to. You may want to choose one that relates to the topic or mood of your group meeting. Use a website to find the lyrics to the song. (Simply search the song title and the word *lyrics* in your search engine.) Print the lyrics out and make copies for your group members.
- Activity: Pass out the lyrics for the song. Then play it. Ask group members to simply listen. When the song ends, use the debriefing questions.
- Debriefing questions: What do you feel as you listen to this song?
What is the message of the song?
How do the instruments reinforce or complement the message?
How does the pace of the song match the message of the song?
Are there other songs or Scripture that convey the message?
When in your daily routine would it be helpful to reflect on this song?

FOCUS: 1 Tim 4:7b-8

Q1 In the past how have you felt about spiritual practices, habits, disciplines, such as Bible reading, praying, fasting, silence and solitude, going to church regularly? Be honest?

Q2 What does 1 Peter 1:15-16 say about the importance of holiness in a disciple's life?

Q3 How has God used someone in your life to help you become more like Jesus (Prov 27:17)

Q4 How has God used a circumstance you have or are going through to grow you as a disciple?

Q5 Describe a time when God used your prayer time, Bible reading or another spiritual discipline to change you, from the inside out!

Q6 How do you respond when you realize that God has justified you by transferring to your account all of Christ's righteousness?

ACTIVATION:

What practical steps are you willing to take this coming week to begin building more spiritual practices into your life?