

# Personal Liturgy

## Week 1: The Life You Were Made For (And the Things That Ruin It)

**Primary Passages:** Jeremiah 17:5-8, John 7:37-38

**Related Passages:** John 10:10, John 15:1-11

*"A nail is driven out by another nail. Habit is overcome by habit."*

- Desiderius Erasmus

### LifeGroup Study Guide:

**Read and Recap:** Have someone read Jeremiah 17:5-8 and recap the highlights from this week's sermon.

- Describe the two different types of life depicted in this passage. What aspects of your life feel more like the shrub in the desert? Where does your life feel more rooted and established like a tree planted by the water?
- Do you currently have any healthy habits to help you abide in Jesus like a tree planted by water? If so, what are they? Do you have any current habits that are negatively impacting your life with Jesus?

**Read John 7:37-38.** Who in your life do you know with the most spiritual vibrancy and closeness to Jesus? What habits can you see in their lives that help them become this kind of vibrant person?

**Recall** the five spiritual toxins stealing our joy: apathy, distraction, self-reliance, cynicism, and self-absorption. (Definitions are included below.)\*

Which of these toxins stand out to you as the biggest enemies in your life? How does the gospel confront and free us from these spiritual toxins?

**Personal Liturgy Challenges:** Have you had any trouble downloading and installing the app or signing up to get the challenges emailed to you?

- How are you feeling about completing the daily challenges? Do you have a plan? (Consider time and place, setting a reminder on your phone, etc.)

**Pray** that our church would grow in developing habits to go to Jesus and cultivate spiritual life.

**Pray** that our LifeGroup would faithfully use the challenges in this series and that through the process we'd be changed.

**\* Definitions of the five spiritual toxins we're addressing in Personal Liturgy:**

**Apathy:** Not caring about things God created you to care about.

**Distraction:** Being unable to focus on God and others because your attention is taken by less important things.

**Self-reliance:** Living your day-to-day life depending primarily on your own strength and resources.

**Cynicism:** A posture of skepticism that leads you to doubt God's presence and activity in your life.

**Self-absorption:** Being preoccupied with your thoughts, feelings, desires, and concerns above all else.

*(Get the Personal Liturgy app and other resources at:  
[www.PersonalLiturgy.com](http://www.PersonalLiturgy.com).)*