

Spiritual Practices—Introduction

Community Discussion—

Read and Discuss Luke 10:38-42. Describe what closeness to God means to you.

1. What examples of these practices from Jesus' life can you think of from the Bible?

- | | | | |
|-------------|-------------|--------------|-----------|
| • Scripture | • Community | • Generosity | • Service |
| • Worship | • Witness | • Solitude | • Sabbath |
| • Prayer | • Slowing | • Fasting | • Others |

2. Which of Spiritual Practices are you familiar with? Which are you unfamiliar?

3. What does your time with God look like currently? Share how you spend that time with God, how often it is, and how it affects you personally.

4. For those of us who don't have a consistent, daily time with the Lord, a main goal in this first session is to identify 30 minutes of available time or 30 minutes of activity you can remove to free up time to be with Jesus.

For those of you who have an established, daily time with Jesus, aim to identify an additional 15 minutes to start a new practice that connects you with Jesus.

5. Take the next 5-10 minutes to fill out the time chart on the next page.

Write down how you spend your time during each of the 30 minute increments.

-Work, family, and parenting commitments are obvious requirements. Some personal and health commitments may also fall under the list of necessities for your daily schedule.

Put a star next to those things which are required time commitments.

-Now identify those things in your schedule which are optional or leisure related—hobbies, time on social media, etc. These are the starting places to reallocate time to be with Jesus.

Circle those activities which fall under the optional category.

6. Having charted out your weekly time, does 30 minutes of daily time with Jesus feel more feasible or more challenging? Does seeing your time on paper stir any personal revelations?

For those of you who already have an established daily time with Jesus, were you able to find an additional 15 minutes for some new connections with Jesus?

Personal Practice—

We hope your time with your group this week helped you identify time you can devote to being with Jesus. To start off this week, spend time with God in the following ways:

1. Read a portion of Scripture (If you are new to Scripture start in the book of Mark or John in the New Testament)
2. Pray with God (using a prayer journal or talking out loud to God can help keep you focused)
3. Sing or listen to hymns or worship music

***Journal daily** about your experience of spending time with God. What was encouraging? What made it difficult? What questions does it raise or what practical advice would be helpful? How did you hear from God in your time with Him?

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 a.m.							
6:30 a.m.							
7:00 a.m.							
7:30 a.m.							
8:00 a.m.							
8:30 a.m.							
9:00 a.m.							
9:30 a.m.							
10:00 a.m.							
10:30 a.m.							
11:00 a.m.							
11:30 a.m.							
12:00 noon							
12:30 p.m.							
1:00 p.m.							
1:30 p.m.							
2:00 p.m.							
2:30 p.m.							
3:00 p.m.							
3:30 p.m.							
4:00 p.m.							
4:30 p.m.							
5:00 p.m.							
5:30 p.m.							
6:00 p.m.							
6:30 p.m.							
7:00 p.m.							
7:30 p.m.							
8:00 p.m.							
8:30 p.m.							
9:00 p.m.							
9:30 p.m.							
10:00 p.m.							
10:30 p.m.							