

REFERENCE:

Read Luke 10:38-42 and open in prayer.

REVIEW: What was one thing from this week's message, or scripture reference, that stood out to you?

REFLECT:

1. What does it look like when you spend personal time with the Lord? Do you have a rhythm or a method like going for a walk, praying, or journaling? What is it that gives you the greatest sense of personal connection with God?
2. How important is personal devotional time with God verses other experiences like attending church, Life Groups, or worship gatherings? Aren't we connecting with God either way?
3. Read Luke 10:41-42a. What are the "many things" that worry or upset you, distracting you from the one thing that is needed?
4. How do we make personal time with the Lord a priority and not allow it to become inauthentic or obligatory? At what point does the habit become unhealthy?
5. Consider Psalm 27:1-6. Verses 4-5 insinuate that we gain confidence in God as our "stronghold" (v. 1) when we seek Him. A "stronghold" is a safe place, like a fortress, that has been fortified in order to protect from attack. Do you see God as a stronghold, a safe place? Share an example of when your personal time with the Lord provided strength in a desperate season of need.

RESPOND/REINFORCE:

As a Life Group, commit to take this upcoming week and make personal time with the Lord a priority. Discuss how you will do it. Will you take time to read the Bible in the morning or before bed? Or maybe shut the door to your office during lunch and pray? Maybe go for a prayer walk in the evening? Even if you can only commit 10 minutes a day, share your plan with your group and report back to them next week about how you did.