

Life Group Curriculum:

Accelerate - Upward Focus

February 2015 - Week 1

Goal for this week's meeting: Motivation for Upward Focus on our Devotional Time with God.

As part of your connection time, check in about expectations for 2015. Remind each other of the group guidelines (suggested guidelines attached).

Over the next month we want to increase our Upward Focus, our relationship with God.

A regular and vital part of our weekly life group meeting will include a check in around what God has been saying to us from our daily time with God, through sermons, reading, journaling and praying as we increase our intimacy with God.

Read the attached "The Most Essential Meeting".

Question: How would you respond to someone who says "we've done this before in life group, this is boring? Why are we doing this all over again?".

As you reflect on this question, consider family relationships, spouse/parent/child or a good friend and the importance of continuously improving our communication and relationship. Surely this applies to our relationship with God too?

Over the coming weeks we will get to share about taking our daily devotional time with God to the next level. We will look at some of the ways we can hear God and barriers we may have to hearing Him.

Practical Application:

If you don't have a copy of **The Purpose Driven Life by Rick Warren** - we strongly encourage you to purchase one as part of this focus on daily discipline. (Also good to have a copy of this to give away to others) Available at R50 at the information desk on a Sunday. We will be taking time to read some of the days as a group to encourage each other to grow in our spiritual development.

During the week ahead, read the booklet **15 minutes with God** by Pedro Erasmus. (available at the info desk for R5 or with the journal for R40)

Write out your understanding of best practice for a daily quiet time and come prepared to share this with the group next week.

Check-out:

What are you challenged about from today's discussion around increasing our upward focus by taking our daily quiet times to another level?

Pray that challenge back to God around the circle.