

Life Group Curriculum:

Accelerate - Upward Focus

February 2015 _Week 2

Goals for this week's meeting:

Clarify the basics around having a daily quiet time.

Make a commitment to hold one another accountable regarding this discipline.

Check-In:

Share with the group your understanding of best practice for a daily quiet time from your preparation this past week.

After hearing each other's best practices - talk through Rick Warren's practical ways of having a daily quiet time.

- Specific Time
- Special Place
- Simple Plan

We each have a way of having our daily quiet time that has become routine. Ask the following questions as part of taking our daily quiet times to the next level.

Question: What changes do you want to make to your daily discipline to improve your intimate time with God? Share these with the group.

Question: What would accountability look like for you personally and within the group in relation to your quiet times?

Practical Application:

Read **The Purpose Driven Life by Rick Warren** (40 days of Purpose) days 8 - 14 of Purpose #1 over the coming week. Commit as a group to doing this on a regular basis.

Write out new aspects about growing your relationship with God that you have learned from this book. Come prepared to share with the group next week what you have heard from God through these readings.

Journal during your quiet time writing out what you are learning, what you are saying to God and what God is saying to you (See article on journaling attached by Michael Hyatt). In this way you can look back at what God said to you in the morning or the week and see the threads of what He is busy saying to you or asking you to do. Journaling is a key habit with many spin off benefits. “Do you keep a daily quiet time journal?” is a regular accountability question we should ask each other.

Prayer Time:

Pair off and ask “How may I pray for you regarding the mountains you are currently facing in your life?”, then pray for each other.

Come back together as a group for the check-out.

Check-out:

What specific action are you challenged to commit to in relation to increasing your level of intimacy with God?

Pray that commitment back to God around the circle.