

## Life Group Preparation Notes:

### Emotionally Healthy Spirituality

#### Session 6 - Practices to entrench ongoing growth.

**Purpose:** To establish regular practices that will help me to keep growing.

**Worship:** Choose a song that we have sung recently in church. After singing or reading the words, chose one line from the song that affected your emotions and share this with the group.

**Pray:** Take 2 minutes of silence to “be still and know that I am God.” Psalm 46:10. Then pray prayers of thanks for His presence.

**Check-in:** What practices do you do on a regular basis that helps you stay connected to God?

**Overview:** “Many of us are eager to develop our relationship with God. The problem, however, is that we can’t seem to stop long enough to be with Him. And if we aren’t busy, we feel guilty that we are wasting time and not being productive. It is like being addicted - not to drugs or alcohol - but to tasks, work and doing.”

**Watch Vimeo:** Session 6. <https://vimeo.com/254927873> Note one phrase from the video that impacted you the most. Share that with the group.

**Bible Study:** Daniel 6:6-10

#### **Group Discussion:**

1. Read aloud verse 10. How do these words in this verse speak to you?
2. How do you think this practice anchored Daniel in God and enabled him to resist the great pressure he was facing?
3. What are the greatest obstacles preventing you from stopping to be with God two or three times a day?
4. “Biblical Sabbaths have four foundational qualities that distinguish them from a “day off”.
  - **Stop:** “To stop” is built into the literal meaning of the Hebrew word Sabbath. We have limits. God is on the throne running the world. We are called to let go and trust Him.
  - **Rest:** Once we stop, we are called to rest from our work and our “doings”.
  - **Delight:** We are to slow down so we can enjoy what we have been given.
  - **Contemplate:** We are to ponder the love of God. Every Sabbath we taste the glorious eternal party that awaits us when we see Him face to face (see Revelation 22:4).”

What questions, concerns or fears to you have that keep you from making the above part of your weekly rhythm?

**Check-out:**

What one small stop can you take to include daily and weekly times to be in God's presence in a focussed manner?

**Prayer Time:**

Pray back to God one thing you are challenged about from this session.

**Application:**

Insert in to your diary daily and weekly dedicated times in God's presence. Add the times to your phone alarm to remind you.

**Others:**

Share your journey of spending time with God on a regular basis with those in your circle of influence.

Taken from Emotionally Healthy Spirituality by Peter L. and Geri Scazzero

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