

## Life Group Preparation Notes:

This is a Move! Inwards!

Barbie Erasmus - Sunday 8 March 2020

**Note for the facilitator:** Preparation for the Life Group is key for each person to be able to engage and be vulnerable to grow. Allow the Holy Spirit to lead you as you prepare for the group time. Be aware of vulnerable sharing and the recurring theme or phrase during the evening as you are prompted by the Holy Spirit.

**Purpose for the session:** To increase our prayer time in our daily devotional time with Jesus.

**Worship:** Listen to the song “See the Light” by Hillsong Worship. Consider your life, and how you want to live for Jesus. Pray that back to God asking Him to move in your life.

**Check-In:** Share one thing that God has spoken to you from your daily time with Him in the past week.

**Bible readings:** Romans 12:1-2 (MSG) Place Your Life Before God:

“So here’s what I want you to do, God helping you: Take your everyday, ordinary life—your sleeping, eating, going-to-work, and walking-around life—and place it before God as an offering. Embracing what God does for you is the best thing you can do for him. Don’t become so well-adjusted to your culture that you fit into it without even thinking. Instead, fix your attention on God. You’ll be changed from the inside out. Readily recognize what he wants from you, and quickly respond to it. Unlike the culture around you, always dragging you down to its level of immaturity, God brings the best out of you, develops well-formed maturity in you.”

### **Group Discussion:**

1. As you read Romans 12:1-2, consider what is God asking of you from your ordinary everyday life - in all the areas that are listed.
2. Transformation takes place from the inside, in our hearts and comes from our intimacy and honesty with God. How are you responding to what God is doing in your life as He’s asking you to ‘move inwards’ towards Him?
3. What is your current ‘culture’ of spending time with God, in prayer and reading His Word?
4. Here are some personal practical steps that Barbie spoke about on Sunday. Adapt these so that you can practice them together now as a group.
  - Find your place to sit - desk, chair, bed, prepare it - perhaps light a candle, play some worship music softly in the background, and determine how much time you want to spend with Jesus. We are all in different seasons, so it won’t be the same for everyone.
  - Get your Bible, your devotional that you are reading and your journal.
  - Spend 2-5 minutes in silence to change your focus from the distractions to Jesus. Noticing God and allowing God to love you. Put aside the words that are going around in your head and heart to be fully present with Jesus.
  - Then read your devotional portion of Scripture. Re-read the Scripture again. Meditate on the Scripture and then in the waiting listen to what God wants to say to you.
    - i. Is there a truth in the Scriptures that you have not incorporated into your life? If so, why not?
    - ii. Are you obeying all you know God has already told you through his Word?
    - iii. What command in your Devotional Scriptures are you having difficulty obeying right now?
  - Pray: If you have time (even one day a week), get up, take a walk outside or to a window so that you can meditate some more, talk some more to God, look at creation.
    - i. Acknowledge what you are feeling and need to surrender to God.
    - ii. Talk to God about your day. We want to take Him into ‘all’ of our day.

iii. Then take that verse to God in prayer. Spend time listening to Him - He wants to speak to us, but too often we do all the talking instead of listening more.

- Journal what God has said to you. Ask God to help you apply the Scriptures to your life. Be prepared to do whatever God tells you to do next.

### **Check out and prayer time:**

Break into 2/3 and pray for one another to build a habit that is consistent, that will help us to grow in spiritual maturity in Jesus.

### **Others:**

Ask the Holy Spirit to lead you in your day to share from your time with Him to encourage those in your world.

### **Recommended Reading:**

- Hearing God's Voice by Richard and Henry Blackaby
- Daily Office by Peter Scazzero

### **Daily Practices to follow:**

- How to have a Daily Quiet Time by Rick Warren <https://pastorrick.com/what-does-a-daily-quiet-time-look-like/>
  - Quiet Time: Pick a Specific Time
  - Quiet Time: Find A Special Place
  - Quiet Time: Follow a Simple Plan
- Silence: spend 2-5 minutes not only at the beginning of your time with God, but throughout the day, to refocus your heart on God and taking Him into your 'everyday'.
- Journaling: The 7 Benefits of Keeping a Daily Journal by Michael Hyatt (Intentional Leadership) <http://michaelhyatt.com/daily-journal.html>