

## Big Idea

Pastor Curt – Part 4

**God is > our emotions** After a meaningful 21 days of prayer and fasting how do I keep my connection with God going? God will help but we have a part too. We need to apply God's Word to our life.

Pastor Curt is challenging us to take an additional 21-day mini challenge to be: **intentional, practical, consistent, and to expect results by incorporating 5 daily practices** into your life. Whatever we starve dies and whatever we feed grows. Feed on God's Word, prayer, and worship for our spiritual life to grow. "May the God of peace Himself make you entirely pure and devoted to God; and may your spirit and soul and body be kept strong and blameless until that day when our Lord Jesus Christ comes back again." (1 Thessalonians 5:23 TLB) Do five things every day to keep your spiritual edge. *The most important thing you can do to keep your spiritual edge is related to your spiritual man.* This will build up your spiritual being. **The five daily practices are: 1) acknowledge and thank God, 2) talk to God, 3) read and submit to God's Word, 4) maintain meaningful relationships, and 5) surrender your life to God daily.** The result will be that God becomes greater every day, your spiritual man (life) grows every day, you become more fulfilled every day, you grow more peaceful every day, you do what really matters every day, and you transform to become more like Jesus every day. That's a life worth living!

## Discussion Questions

- What was the biggest impact on you these past 21-day challenge of disconnecting from the world (fasting) and connecting with God (praying)?
- What is something new or a change that you want for your life for the rest of this year? Share any old "habits" or practices that you need to shed and perhaps share a plan on how you and your group might be able to incorporate the 5 practices which Pastor Curt encouraged us to do.
- Talk about why it is so important to pursue these 5 practices in our lives.
- Be practical and write down an outline of your 21 day mini-challenge using the message handout outline. Include the time, place, and plan for talking with God daily.

## Prayer Focus

As we prepare to launch Groups next week, Thank God for the people He provides so that we live life with others. Ask God to surround you with other brothers and sisters in Christ and to show you relationships that are designed for His purposes.

## Next Steps

Commit or recommit to putting God first in everything. Make prayer and worship your first priority each day. Be sure to include the Word as you spend time with God. Watch how your relationship with God grows through the daily implementation of these daily habits.

## Leader Tip

Be sure to register your small group in Planning Center. Consider identifying and mentoring someone in your group as a co-leader. Advise anyone interested in leading a small group to have a conversation with your Campus Groups Coordinator, Campus Administrator or Campus Pastor.