

FAITH COMMUNITY SUNDAY

Growth Group Questions

Last Sunday we were led in the practice of three spiritual disciplines.

Discuss the following statement by Dallas Willard~ "A discipline is an activity within our power that enables us to accomplish what we cannot do by direct effort"

How would you define spiritual disciplines?

Share some ways that YOU connect with God.

Seaside Finances			
Weekly Goal	\$22,195	Monthly Goal	\$95,500
Received Last Week	\$9,730	Received in Dec	\$140,367

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Meditation

Read Psalms 23 You might find it helpful to use a translation or paraphrase that you are not as familiar with so that the words are fresh. Read it several times. Each time you read it together, emphasize a different part of it.

We live with such a sense of hurry and urgency that sometimes it is difficult to quiet our souls before God. How do you intentionally create a time and place to slow down and receive nurture from God? What do you think the difference between meditation and study are?

Encouragement

*Read I Thessalonians 5:11 and Romans 15:5
Share a time that God encouraged you.
Share an opportunity that God gave you to encourage someone else.*

Prayer

"Of all the disciplines, prayer is probably the one we feel most comfortable with. Therefore, the goal of practicing prayer as a discipline is to explore it in fresh ways. For example, many have only experienced prayer as talking to God. One of the most joyful revelations is to experience the reality that prayer is just as much listening to God."~ Dallas Willard
In what ways do you experience listening to God?

*Read Matthew 4:1-2 Mark 1:35-39, Mark 6:30-32 Luke 5:16, Luke 6:12-13
Jesus practiced prayer in solitude many times throughout His life and ministry. If Jesus needed this time to be with the Father how much more do we need this time?*
*Discuss some times that Jesus went away to pray
What was the result of his time away?
What would that look like for you?*

Many are familiar with the Lord's prayer. Consider closing your time by praying that prayer aloud together