



Better For It, week two: Shifting Gears

Zechariah 4:1-7

1. Levi Lusko described the kind of tired we're feeling as if we ran a marathon and thought we were finished only to have someone hand us a bike and tell us to keep going because we're actually in a triathlon. Do you resonate with that description? How tired do you feel?
2. There is a difference between "leveling up" and "shifting gears" - How have you been attempting to "level up"? What are some of the things you could do right now to lower your resistance instead?
3. Read Zechariah 4:1-7. What are some of the things you've been trying to do by your own power and your own might?
4. What would it look like for you to rely on the Spirit instead?
5. What are some of the things filling your time or your mind that you need to move away from?
6. What would it look like for you to sit with Jesus and fill up differently?