

Weekend Message Questions
Practicing The Way, Week 5: Rule of life
Speaker: Aaron Alexander, Co-Interim Lead Pastor
To view or listen to past messages, [click here](#).

Check-In:

- How has your week been? Any updates or prayer requests to share with the group?
- What's a "common rule of life" you grew up with—spoken or unspoken? (Examples: No white pants after Labor Day, straw cowboy hats only in summer, Waffle House is always the answer, etc.)
- When you hear the phrase "Rule of Life," what comes to mind—structured, restrictive, freeing, or something else?

Discuss:

Read: Daniel 1:3–5

- Daniel and his friends are placed into Babylon's training program—new language, new education, new routines, and new food. What stands out to you about how Babylon seeks to reshape their identity?
- Where do you see similar "formation pressures" at work in our culture today? What are some ways our current routines might already be shaping us without us realizing it?

Read: Daniel 1:8

- What do you notice about Daniel's resolve? Why do you think he decided *ahead of time* how he would live?
- Where is it hardest for you to make intentional decisions rather than reactive ones?
What's the difference between having good intentions and having intentional structure?

Read: Daniel 6:10

- What does the phrase “as he had done previously” tell us about Daniel’s spiritual life?
- How do repeated rhythms—daily, weekly, or seasonal—shape us over time?
Can you share a time when a consistent habit helped you stay grounded during a difficult season?

Read: Luke 6:40

- In what area of your life do you most desire to become more like Jesus?
If training leads to transformation, what might be one realistic next step toward that growth?

Dig Deeper:

- “How we spend our days is how we spend our lives.”
Which of your daily rhythms currently shape you the most—for better or worse?
- Good intentions without structure produce nothing. Where do you see a gap between what you *want* spiritually and how your life is actually structured?
- A Rule of Life is not about earning God’s love; it’s about creating space for love to grow. How does that perspective change the way you think about spiritual practices?

The Practices

Below are some practices that often form part of a Rule of Life. Which one feels most needed in your life right now—and why?

- **Sabbath — Read: Exodus 20:8**
What makes rest difficult for you? What could Sabbath look like in a realistic way this season?
- **Solitude — Read: Mark 1:35**
Where could you create small, intentional moments of solitude in your week?
- **Prayer — Read: 1 Thessalonians 5:16–18**
What helps you remain consistent in prayer? What usually gets in the way?
- **Fasting — Read: Matthew 6:16–17**
What might fasting reveal about what you depend on or turn to for comfort?

- **Scripture — Read: Joshua 1:8**

What practices have helped you stay rooted in God's Word before?

- **Community — Read: Hebrews 10:24–25**

John Ortberg says, "We generally sin alone but we heal together." How have relationships helped shape your faith?

- **Generosity — Read: 2 Corinthians 9:7**

What keeps generosity joyful rather than pressured?

- **Service — Read: Mark 10:45**

Where do you see opportunities to serve in your current season of life?

- **Witness — Read: Acts 1:8**

Who is someone God may be inviting you to love, pray for, or share your faith with?

Reflect:

- If your current habits already form a "rule," what kind of person are they shaping you into?
- Where do you sense God inviting you to be more intentional with your life and faith?
- What is one small, specific practice you want to commit to this week?
When and how will you practice it?
- How can your group pray for you as you seek to live a more intentional, Jesus-centered life?

Take a few moments to pray together before closing.

Need prayer outside of the group? [Submit a request here.](#)