



WEEK 2 SERMON DISCUSSION

ONE MINUTE RECAP

Making decisions that lead to positive, lasting change is not powered by “willpower” but runs on “why power.” When you look at areas of your life that you want to improve or see positive change, you have to get clear on your why if you ever hope to become the person you deeply desire to be.

DEEPEST VS. STRONGEST DESIRES

Some of us deeply desire to make changes to benefit our lives and those around us. However, we have very strong desires that compete against our deepest desires, cutting us off at the pass of becoming whom God created us to be and undermining our best intentions.

DEFINE YOUR WHY.



LEARN

READ OUTLOUD DAN. 6:6-12, MSG

6-7 The vice-regents and governors conspired together and then went to the king and said, “King Darius, live forever! We’ve convened your vice-regents, governors, and all your leading officials, and have agreed that the king should issue the following decree:

For the next thirty days no one is to pray to any god or mortal except you, O king. Anyone who disobeys will be thrown into the lions’ den.

8 “Issue this decree, O king, and make it unconditional, as if written in stone like all the laws of the Medes and the Persians.”

9 King Darius signed the decree.

10 When Daniel learned that the decree had been signed and posted, **he continued to pray just as he had always done.** His house had windows in the upstairs that opened toward Jerusalem. **Three times a day he knelt there in prayer, thanking and praising his God.**

11-12 The conspirators came and found him **praying, asking God for help.** They went straight to the king and reminded him of the royal decree that he had signed. “Did you not,” they said, “sign a decree forbidding anyone to pray to any god or man except you for the next thirty days? And anyone caught doing it would be thrown into the lions’ den?”

PRE-DECIDE

Better Choices, Better Life.

1) Why do you think Daniel continued to pray, not to keep himself out of danger, but knowing full well he was *in* danger?

2) Daniel was 80 years old when this took place. Well beyond the age of having a fighting chance. What do you think Daniel’s deepest desire was in this moment? How did he stay true to it?



PRE-DECIDE

Better Choices, Better Life.

FOLLOW

SKETCH OUT A DAILY PRACTICE

GROUP ACTIVITY



TAKE OUT A PIECE OF PAPER OR USE YOUR PHONE AND ADD ONE THING TO YOUR DAILY ROUTINE THAT YOU THINK WILL HELP YOU ALIGN YOUR DEEPEST DESIRE WITH YOUR ACTUAL DECISIONS.

SHARE WITH THE GROUP



- **IDEAS:**
 - **MORNING PRAYER**
 - **WORKING OUT**
 - **DRINKING MORE WATER**
 - **MEDITATION**
 - **SCRIPTURE READING**
 - **PRAYING OVER MY FAMILY**

GROUP ACCOUNTABILITY

CHECK IN WITH THE GROUP (SPLIT BETWEEN GIRLS AND GUYS) TO HELP KEEP EACH OTHER ACCOUNTABLE TO THIS ONE THING.

DISCOVER WAYS TO ENGAGE

Visit the RealLife NCW app where we add new opportunities every month!



Use the Engage Tab on the app to sign your L.I.F.E. Group to find ideas on how to serve our community and those around us for your “E” rhythm this month.

