

YOU'VE HEARD IT SAID



LifeGroups



Key things you heard

- A spiritual practice is any activity that helps us bring our thoughts, feelings, motivations, and actions into alignment with Jesus' way of living.
- The goal of spiritual practices is to know Jesus better.
- When we know Jesus more personally, our lives will shift to look more like His.
- We learn more about the character of Jesus when we have conversations about Him with others.

Pray: *God, thank You for showing us what it looks like to be in a relationship with You, through Jesus. We want to know You better, so that our lives more clearly reflect Your love for us. Please help us to follow You well, and for the right reasons. We want to know You more. In Jesus' name, amen.*



Tweetable Moments

- Jesus modeled the importance of spiritual practices and the importance of connecting with God.
- *How we use spiritual practices will change throughout our lives, but the why will always be the same.*



Say What? Questions for conversation

Icebreaker: How do you typically think or feel about spiritual practices?

- How did this conversation impact how you view spiritual practices?
- Read **Acts 2:42-47**. What spiritual practices do you see the early church practicing? How did these practices impact their relationship with God and one another?
- Think about some of your current spiritual practices. How are they helping you know God more?
- Share some of the obstacles that make connecting with Jesus difficult. How could you remove or overcome those obstacles?
- Talk about ways your LifeGroup could try a spiritual practice together. How would that experience grow your relationships with one another and with God?



Now Go Do It Resources and next steps

Challenge: Think about the habits and routines you already have in your life. How can you invite God into those moments this week?

- If you're not yet in a LifeGroup, find or start one here: www.life.church/lifegroups
- Start the *Essential Spiritual Practices* Bible Plan: www.go2.lc/practicesplan
- Sign up to receive the content Jeff talked about: www.go2.lc/followingjesus