

YOU'VE HEARD IT SAID



LifeGroups



Key things you heard

- Trying different spiritual practices helps you find new ways to connect with God.
- We explored 3 practices: slowing, fasting, and caring for the earth.
- Slowing intentionally fights the speed of the world to focus on God's presence in the moment.
- Fasting creates a physical reminder to turn to God.
- Caring for the earth follows God's initial command to human beings.

Pray: *God, thank You for giving us so many different and unique ways to connect with You. Please show us one practice that You want us to try. As we grow closer to You, we ask that you would strengthen our relationships with those around us. In Jesus' name, amen.*



Tweetable Moments



Spiritual practices can help you see people how God sees them.



Be willing to try a spiritual practice more than once before making a concrete decision about it.



Say What? Questions for conversation

Icebreaker: Think of a spiritual practice you've done this week. How would you describe it in three words?

- What stood out to you in this episode?
- Read **Philippians 3:14**. What is the "goal" of trying new spiritual practices?
- How might a new spiritual practice impact your relationship with God?
- Think about a time when you tried a new spiritual practice. What made that practice easy or difficult?
- Share about a spiritual practice you've tried multiple times. How did your experience with that practice change over time?
- What spiritual practice would you like to try, and how might you need to prepare to try that practice?



Now Go Do It Resources and next steps

Challenge: Try a new spiritual practice this week, and then share about your experience with your LifeGroup.

- 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
- Find a list of different spiritual practices: www.go2.lc/spiritualpractices