

Study Guide Questions

Series: Connected

Speaker: Andrew Boone

Message: Practices to Abide

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Memory Verse: 1 Timothy 4:8

For physical training is of some value, but godliness has value for all things, holding promise for both the present life and the life to come.

- **Read Matthew 11:28-30.** From an agricultural perspective, why is a yoke used? In the word picture Jesus is painting, He would be the stronger/mature/disciplined animal. When we take His yoke we are learning from Him. How does this imagery of being yoked with Christ help you to understand your relationship and position with Christ? What do you expect to learn from being yoked with Jesus?
- **Private Prayer: Read Matthew 6:6 & Luke 5:16.** Are you practicing private prayer? Why do you think Jesus often withdrew to pray? What value did prayer have for Jesus? What value does it have for you? What do your requests to God reveal about your priorities, goals, desires, and heart?
- **Silence & Solitude: Read Matthew 14:23 & Mark 6:31.** Are you practicing solitude? How do you avoid or resist solitude? What 'noise' or inputs are distracting you from withdrawing and practicing solitude? How can you overcome these distractions so you can practice silence and solitude?
- **Meditation: Read Psalms 1:1-2 & Joshua 1:8.** Are you practicing meditation? When do you find it easiest to focus your mind and heart? How would you characterize your ability to persistently focus your heart on God or His Word? How might the tendency to do everything quickly affect your ability to meditate?
- **Fasting: Read Matthew 4:1-4 & Matthew 6:16-18.** Are you practicing fasting? What is your attitude toward fasting or self-denial? Can you fast from things other than food? If so, what are some examples? Satan tried tempting Jesus while He



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was fasting. Is there a connection between fasting and being able to resist temptation?

- **Simplicity: Read Luke 12:13-15.** Are you practicing simplicity? How has the “more is better” mentality shaped you? How much of your identity is wrapped up in what you own and where you go? Do you view your possessions as yours or the Lord’s? What does this reveal about your heart?
- **Confession: Read 1 John 1:8-10.** Are you practicing confession? What is your initial hesitation in being fully known by God or others? Is God able to receive glory for how He moved in your life if there are concerns about what other people think of you? Do you view our Small Group as a safe place to share? How can our Small Group form an environment that is more conducive for people to confess sin?
- **Worship: Review Psalm 95.** What steps have you taken in your practice of worship this year? How has your worship impacted your walk with Jesus? Where is there opportunity for growth? What steps can you take to see movement?
- **Sabbath: Review Exodus 20:8-11.** What steps have you taken in your practice of sabbath this year? How has the implementation of this practice impacted your walk with Jesus? Where is there opportunity for growth? What steps can you take to see movement?
- **Read Isaiah 61:1-4.** Share how the Lord has moved you from one negative extreme (mourning) to a positive (joy). Who were the major characters who journeyed with you and served as an “oak of righteousness?” Who is someone who needs an “oak of righteousness” in their life right now? Are you willing to be that person?



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