

## GROWTH GROUP DISCUSSION

### Connect

Which of the Practices do you find easiest to do? Which is the most difficult? Why?

### Learn & Apply

This week Jesus is teaching us about the practices of faith. As you read the verses below, what do you think Jesus is asking of us- for what purpose? How do these practices benefit us in our relationship with God, and others?

**Sabbath:** Matthew 6:19-21, 33

(what might it look like to 'seek first' the kingdom of God one day a week in an intentional Sabbath practice?)

**Solitude/Silence :** Matthew 6:6

**Prayer:** Matthew 6:7-14

**Fasting:** Matthew 6:16-18

**Scripture:** Matthew 22:29, John 5:38-40

(what does this show us about the difference between reading for information or formation?)

**Community:** John 13:34-35

**Generosity:** Matthew 6:2-4

**Service:** Mark 10:41-45

**Witness:** Matthew 28:18-20

**Pray** Holy Spirit, form us to be like Jesus in the practices of our daily lives, so we might grow more deeply rooted in God, and more fruitful in faith. In Jesus' name we pray, Amen.

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