



Week 2 OVERVIEW: Distraction v. Discipline

Series Summary: It is no surprise that when we are asked “Hey how are you doing?” the majority of our responses sound like this, “I’m pretty good. Just got a lot going on, I’m so busy all the time.” We live in a fast pace and distracted culture and a lot of the time, the things distracting us are good. We get distracted by family, friends, school, church, sports, etc. and we fill all the spaces in between scrolling through social media on our phones. Our lives get so full that we don’t have any time or attention left over to give to the one person that matters the most: Jesus.

Main Idea: God has given us tools to help us keep our attention on Him in the midst of our distracted lives. Traditionally, these tools have been called spiritual disciplines. Spiritual disciplines are practices found in the Bible that promote spiritual growth among believers. (See Celebration of Discipline Ch.1)

Key Scripture:

2 Peter 1:3, Luke 6:12 (Prayer), Mark 6:30-32 (Solitude), Matthew 4:1-11 (Fasting), Luke 4:17-21 (Scripture), John 13:1-17 (Service), Luke 22:42 (Submission), Psalm 1:1-2 (Meditation)

DISCUSSION

Getting Started

- What do you currently do to keep your attention on Jesus?
- Do you find it easy to always connect with God? Why or why not?
- How do you connect amongst distractions with God?

Digging Deeper

- What do you think of when you hear the word discipline?
- What would it look like to have discipline in your relationship with Jesus?
- How do you think spiritual disciplines help us stay focused on Jesus in our busy lives?
- What discipline are you going to practice as a life group over the next 2 weeks?
- What discipline are you going to practice personally?

List of Spiritual Disciplines

- Inward
 - Meditation
 - Prayer
 - Fasting
 - Bible Study
- Outward
 - Simplicity
 - Solitude
 - Submission
 - Service
- Corporate
 - Confession
 - Worship
 - Guidance
 - Celebration