

Life Group Session 1 Discussion 1
Spiritual Habits: The door to liberation
Cross Culture Church

Goal: The goal of the discussion is to understand what people do in your group to grow in Jesus and introduce spiritual habits that will help them grow and fall more in love with Jesus. (Leaders' eyes only. Your goal is to write down and remember each group member's name and one important thing they said you can pray for. So you can be engaged discuss after the group leaves)

Connect (30 Minutes):

1. Introduce yourself and set the following expectations for the group.
 - a. Tell them where you are from, what you do, and how you met Jesus.
 - b. Expectations
 - Show up, if you can't make it let us know.
 - Have fun.
 - What's shared here stays here.
 - Be willing to be vulnerable. Growth happens with honesty.
 - Share but leave room for others to talk.
 - c. Different than before.
 - What might be different about this LG session is that yes we want to connect at Life Group and beyond, but our primary goal is to experience growth and freedom in Jesus together.
2. Find out more about the group.
 - a. Ask them (*coke, Pepsi or coffee*), where they are from, what do they do, and what they hope to get out of the group.

Discussion Time:

To start today's discussion and introduction we will talk about why Spiritual Habits that help us grow are important. Leo Tolstoy observes, "Everyone thinks of changing humanity and nobody thinks of changing themself."

Why do you think what Leo Tolstoy said is true? Why is it hard to change ourselves?

This LG session we believe Jesus is ready to change you for the better and draw you closer to him no matter if you walk right behind Him or 10 miles behind Him. If you show

up and practice some of the activities we learn you will grow in Jesus and find liberation in this life..

Here are the things you will experience from the Spiritual Habits in Jesus' session.

- Delay gratification
- Receive insight
- Hear God's voice
- Make better decisions
- Remain centered and unaffected by external events
- Demonstrate moral courage
- Detach from distractions
- Feel inner peace
- Behave unselfishly
- Act with practical wisdom
- Follow Jesus' course for you
- Endure hardship
- Forge transformational habits
- Conquer the worst parts of yourself with the Holy Spirit

What are Spiritual Habits? Open up your bibles and lets read a couple of examples of Jesus practicing Spiritual Habits. I want you to be thinking about what habit did Jesus engage in and what was the purpose? After we read them all we will discuss.

"Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where he prayed." [Everyone was looking for Jesus, but after his time in prayer he told his disciples that it was time for them to move on to another village.]

Mark 1:35

(For Leaders eyes only. Habit: Solitude, Prayer. Purpose: Seeking the Father's will. Notice how after Jesus doesn't do what everyone else wants Him to, He moves on because that was the Father's will.)

12 In these days he went out to the mountain to pray, and all night he continued in prayer to God. 13 And when the day came, he called his disciples and chose from them twelve, whom he named apostles:

Luke 6:12-13

(For Leaders eyes only. Habit: Solitude, Prayer. Purpose: Seeking the Father's will. Notice how before every major decision He retreated to pray and seek the Father's will.)

17 And the scroll of the prophet Isaiah was given to him. He unrolled the scroll and found the place where it was written,

18

"The Spirit of the Lord is upon me,

because he has anointed me

to proclaim good news to the poor.

He has sent me to proclaim liberty to the captives

and recovering of sight to the blind,

to set at liberty those who are oppressed,

19

to proclaim the year of the Lord's favor."

20 And he rolled up the scroll and gave it back to the attendant and sat down. And the eyes of all in the synagogue were fixed on him. 21 And he began to say to them, "Today this Scripture has been fulfilled in your hearing."

Luke 4:17-21, ESV

(For Leaders eyes only. Habit: Scripture Reading, Public Scripture Reading. Purpose: To interpret the circumstance He used the word of God.)

14 When the hour came, Jesus and his apostles reclined at the table. 15 And he said to them, "I have eagerly desired to eat this Passover with you before I suffer. 16 For I tell you, I will not eat it again until it finds fulfillment in the kingdom of God."

Luke 7:14-16

(For Leaders eyes only. Habit: Fellowship. Purpose: Honor God and discuss His will.)

39 *Going a little farther, he fell with his face to the ground and prayed, "My Father, if it is possible, may this cup be taken from me. Yet not as I will, but as you will."*

Matthew 26:38

(For Leaders eyes only. Habit: Prayer and Submission. Purpose: Realign with the Father's will.)

30 *When they had sung a hymn, they went out to the Mount of Olives.*

Matthew 26:30(After the Lord's Supper)

(For Leaders eyes only. Habit: Worship. Purpose: Prepare their hearts for what was to come.)

What Spiritual Habit did Jesus engage in? What was the purpose?

The definition of Spiritual Habits. Habits that pull us from the slavery of self-interest, fear and broken cycles and draw us into liberation and growth in Jesus.

Here are some more examples of Spiritual Habits. Remember we aren't trying to do them all at once but we are intentional about scheduling them into our lives consistently. We will read through them quickly but think about one Spiritual Habit you could use right now and share.

Solitude. Silence. Prayer. Meditation. Fasting. Sabbath. Secrecy. Submission. Bible Reading. Worship. Prayer. Friendship. Personal Reflection. Service.

We will go around quickly but share which one stood out to you and briefly why?

The first Spiritual Habit we will practice over the next few weeks until we meet again is Christian MEDITATION. Meditation is disconnecting from your circumstances, worries, bad habits, fears, and instead replacing them with the word of God. The Key is the ability to disconnect from the poor habits or practices we engage in and instead engage in Spiritual Habits. We will learn more about meditation next time we meet, but for now, let us keep it simple.

I want you to send me a scripture that you are going to focus on over the next two weeks. Remember we won't discuss tonight but send me your scripture by tomorrow night. Feel free to google good bible scriptures to focus on.

Action Items for next time:

- **Send Leader Meditation Scripture.**
- **Bring your bibles next week.**
- **Have a great week.**

Finish in Prayer.

Options

- Take Prayer Requests
- The leader Prays for the group as a whole..... liberation and growth in Jesus.

