

Life Group Session 1 Discussion 5
Spiritual Habits: Study
Cross Culture Church

Goal: The goal of the discussion is to encourage your group to read the word through observation, reflection, and action.

Connect:

1. Remind everyone to connect with one another throughout the week.
2. Ask everyone what preferred communication they have. Are they a texter? Caller? Emailer? Messenger? Ask them why and have fun with it.

Discussion Time:

Start today's discussion on how the previous few weeks of prayer and fasting were.

What did you fast if you did?

Were you able to look to God for strength in those times of desire?

Did you receive any sight from your time of fasting? Remember this is just the beginning for many of us.

Fasting is abstaining from anything that hinders prayer

Did you find your prayer life to be stronger amidst fasting? Why or why not? We will continue to pray and fast together. Today we are going to shift the conversation to a very important habit, STUDY.

Read Romans 12:2 together.

What does STUDY do based on Romans 12:2?

Why is knowing God's will important to you?

What is study? Study is a specific kind of experience in which through careful attention to reality the mind is enabled to move in a certain direction. For example, we observe a tree or read a book. We see it, feel it, understand it, and draw conclusions from it. When these things happen through study, ingrained habits of thought(God's will) are formed.

Someone Read Deut 11:18 aloud.

The Old Testament instructs the Israelites to write the Laws on gates, doorposts, and bind them to their wrists. **Why would that help?**

The New Testament replaces laws written on doorposts with laws written on the heart and leads us to Jesus, our ultimate Rabbi/teacher.

Study is more analytical where meditation is more devotional. For example, we can go through a major crisis without any perception of the real nature of the tragic situation until we carefully observe and reflect on what occurred. Study helps us to **See it, feel it, understand its and draw conclusions from it.**

There are **4 Steps of basic study.**

- 1) Repetition. Give an example of repetition when it comes to the word of God. How did it help?**

- 2) **Concentration.** Give an example of how you concentrate on the word of God and why it can be difficult to concentrate on the word of God today.
- 3) **Comprehension.** Comprehend? Give an example of a time you learned something new about the word and how it changed you?
- 4) **Reflection.** Jesus often speaks of those who don't hear nor see. When we take time to reflect and apply it to our life through practice we can begin to hear and see more.

We will look at how to study the bible exegetically speaking in the future but now start with practicing the habit of being in the word daily and use the aspects of study above. Study produces joy. Study takes practice, but worth it. This next week I want you to study and reflect on Romans 8. Invite the Holy Spirit to speak to you or draw your attention to something that needs to be applied in your life.

Action Items for next time:

- **Read Romans 8**
- **Continue to pray consistently**
- **Reach out to one another for check-ins and prayer.**

Finish in prayer and invite the Holy Spirit into your study next few weeks.