



Rock Bridge Small Group Discussion Guide
Thrivin' - Part 3
PARTICIPANT GUIDE

Into the Word:

*Read I Timothy 4:7-16

- a) Identify all the words in this passage that speak of the Christian life as an ongoing series of habits, disciplines and practices.
- b) How do these words challenge your view and practice of Christianity?
- c) How do these words accurately convey what it means to be a disciple or student of Jesus?
- d) What mindset and attitudes are needed to approach your spiritual walk as that of training?

Apply the Word:

- a) How does the principle of habits explain some of the problems in your life right now? (From the sermon: what routines are you questioning?)
- b) Where in your life do you need to stop making decisions and start developing habits?
- c) How can this group support one another in our habits of depending on God?

Prayer Time:

Complete the following sentence prayer--

Lord, please help me develop the habit of _____.

Please commit to praying as a group for the following:

- *That God would give us open doors with lost people so we can help them find Jesus.*
- *That God would help us connect more people **to Small Groups** to help them Grow.*
- *That God would help us live for Him this year, and throw off anything holding us back.*