

Habitudes: Diet

Welcome-

What would be your food heaven and your food hell? What were your favourite childhood meals? How does the word diet make you feel?

Word-

On Sunday we looked at the importance of having an eating plan which can lead to a lifestyle change. The three keys we looked at were: reading the Bible, prayer and the importance of regularly meeting together.

Key 1: Reading the Bible

Read Psalm 1:1-3

The blessed man in this Psalm separates himself from distractions. Describe what some of your distractions are.

What is your favourite time of day? When do you feel most energetic, alive or able to concentrate?

Do we ever read the Bible in those times?

What are some of the ways we struggle when it comes to reading the Bible? Are there any tips we can give each other that may help?

Key 2: Prayer *(It might be easier to break into smaller groups to discuss prayer life.)*

What does praying feel like for you? Does it feel like a duty, a joy, easy, challenging?

Describe some of the struggles we may have when praying.

Let's pretend we are having a conversation with someone about prayer. They feel that prayer is mainly intense and difficult, even scary for them. What would you say to them?

How would you respond to someone who might say "God knows the end from the beginning anyway, so why should I bother to pray?"

How do we listen to God? How does he communicate with you?

What can we do when we don't feel like praying?

Are there any tips with prayer we can give to each other?

Key 3: Regularly Meeting Together

Remember this is not just about getting together. It's about living out the love and truth of Jesus Christ together.

Why is Lifecentral your chosen community? What keeps you coming back?

What might keep people from committing to a weekly Sunday or joining a Connect Group?

Be honest and reflect back over what your attendance record has been like at church and at Connect Group over the last two months. What were some of the reasons why you may not have been there? Could it have been any different.....

Hebrews 10:25 - How can we encourage each other to not neglect meeting together?

Prayer-

In which of these three areas do we most struggle? Pray for each other that our eating plans may become more effective and we will see growth.