

# Engage Your Devotions Small Group Questions

## Basic Outline of a Small Group Meeting

- Welcome Comments:
  - Welcome participants and thank them for joining the journey
  - Give an overview of meeting
  - Remind people of 'confidentiality'
  - Open your time in prayer
- Review personal devotions

Note: not everyone may be willing to share. Don't force it! Ask for volunteers. Also, remind people that if they have questions, they are free to ask.

  - What did you learn from your daily readings?
  - What was your greatest insight that you wrote down in your journal?
  - How did this impact your time in prayer?
- Watch Video
  - Discuss that week's questions (both those questions provided and questions from the group)
  - Assign Homework (suggestion will be provided with group questions)
- Share concerns & pray for each other

## DISCUSSION QUESTIONS - SESSION #1

### OBSTACLES TO A HEALTHY DEVOTIONAL LIFE

- 1) Take a moment to describe your most vibrant experiences in your devotions
- 2) What components are part of your devotional life?
- 3) What would you say your greatest obstacles in doing devotions are?
- 4) What are your coping strategies to overcome these obstacles?
- 5) What 'techniques' do you apply in order to keep your mind from 'racing'?
- 6) Besides the Bible, what are some of your favorite devotional resources and/or writers
- 7) What 'new thing' have you been incorporating in your devotional life?

#### HOMEWORK:

If you are not already 'doing devotions', start now and come prepared to share about your experiences next week.

# SESSION #2 – JOURNALLING

Welcome

Review:

Give everyone opportunity to share insights and experiences of their devotional life. In the process, try to review last weeks topic of 'obstacles to a healthy devotional life and effective coping strategies.

Watch the video

Discuss 'journaling'

Suggested Discussion Goup Questions:

- 1) Who keeps a devotional journal
- 2) When did you start? What is the benefit to you?
- 3) How do you go about journaling? What works for you?
- 4) What do you foresee to be the biggest hindrance in keeping a journal?
- 5) What are you most uncomfortable / least likely to write in a journal?

Share & Prayer

Give everyone opportunity to share their burdens and joys, and encourage everyone to pray for each other.

Homework

If not already journaling, start now and bring to meetings

# SESSION #3 – SCRIPTURE

Welcome

Review:

Give everyone opportunity to share insights and experiences of their devotional life. In the process, try to review last weeks topic of 'journaling' and try to have participants talk about their experiences. You will probably find some just haven't been doing any writing; focus on the insights of those who have, and try to motivate participants to give this a try.

Watch the video

Discuss the topic of Scripture

Suggested Discussion Goup Questions:

- 1) Discuss what stood out from the conversation with Bernie
- 2) Describe your relationship to the Bible. i.e. Do you love it? What are your reading/study patterns? What is your favorite translation/version of the Bible (and why)? What is your favorite book? Share your 'life-verse'
- 3) Describe a time when it really seemed that God spoke to you personally through a scripture – when a passage 'came right off the page'
- 4) What are your habits regarding scripture memory and meditation?
  - For those who do memory work, why do you do this? What are the benefits?
  - What are obstacles to scripture memorization?
  - How could you overcome this obstacle?
- 5) Which verse(s) would you like to have memorized? Why that passage?

Share & Prayer

Give everyone opportunity to share their burdens and joys, and encourage everyone to pray for each other.

Homework

Have everyone pick one verse from your readings and memorize it for next week. The point of the exercise is not to see if they can recite it, but to have them meditate on the verse and come prepared to share any new insights about that verse.

# SESSION #4 – PRAYER

Welcome

Review:

Give everyone opportunity to share insights and experiences of their devotional life. In the process, try to review last weeks topic of scripture. Try to include the homework (memorizing a scripture with the purpose of meditating on that scripture).

Watch the video

Discuss the topic of prayer

Suggested Discussion Goup Questions:

- 1) What stood out from the conversation with Joanne?
- 2) Describe your prayer-life. Which level (word – meditation – contemplative) does it most describe?
- 3) What would prayer look like for you in ‘a perfect world’?
- 4) Describe a time when your prayer-life seemed especially vibrant and/or effective. What is it that made it so good?
- 5) Describe a time when you feel your prayers were specifically answered. Was there anything special about how you prayed at that time? If so, what?
- 6) What are your main obstacles to experiencing a vibrant prayer life? And, what could you do to overcome these obstacles?
- 7) What might the benefits be of journaling your prayers?

Share & Prayer

Give everyone opportunity to share their burdens and joys, and encourage everyone to pray for each other.

Homework

Have each person to prayerfully consider one or two steps to help them grow in their personal prayer experience. Ask them to write these down in their journals and come prepared to share their ‘strategy’ with the group next week.

# SESSION #5 – Character Development

Welcome

Review:

Give everyone opportunity to share insights and experiences of their devotional life. In the process, try to review last weeks topic of prayer. Try to include the homework sharing about their prayerful consideration as to a strategy to improve their prayer experience.

Watch the video

Discuss the topic of Character Development

Suggested Discussion Goup Questions:

- 1) What stood out from the conversation with Shauna?
- 2) Describe your history with 'holiness' (right-living). Was it mandated by parents or church? Was it never an issue? How did that make you feel as a child? How do you wish it was different?
- 3) No one is perfect – we all know that. However, the Bible does make it clear that God expects us to work toward being changed. Read Colossians 3:1-17
  - a. What issues have experienced drastic change in your life after becoming a Christian?
  - b. How did those changes happen? Try to identify what was helpful in bringing about change
- 4) Hand out the 'Grow Your Character' tool
  - a. Read through the reasons for growing your character and discuss
  - b. Read through the steps to initiate character growth and discuss
  - c. Have participants pick a character trait they want to work on (see back of handout)

Share & Prayer

Give everyone opportunity to share their burdens and joys, and encourage everyone to pray for each other.

Homework

Begin to work through 'your' character trait by following the steps to initiate character growth. Though this session may be your last, commit to check in with each other, or plan a follow-up meeting to discuss progress, obstacles, etc.