

SESSION 1

DISCUSSION GUIDE

LAUNCH

THE BIBLE

Luke 10:38-42; Colossians 4:2

THE BIG IDEA

Time with God should be a rhythm, not a regiment.

WHAT? *What are we talking about?*

NOW WHAT? *What do we do about it?*

QUESTIONS

- What's one goal you have for your own spiritual growth?
- What do you think it will take to get there?

SAY . . .

This series is called Launch because, for our next four get-togethers, we're going to be challenging ourselves to grow spiritually by 'launching' a new spiritual discipline or two.

SO WHAT? *Why does it matter?*

VIDEO | "Launch," Session 1

Play the video for this session.

DISCUSSION

- Growing up, were you taught that spending time with God, worship, or spiritual growth looks a certain way or requires a specific routine?
- Have you ever felt like you didn't belong because you didn't connect with God the way others around you did?
- Talk about a time in your life when you experienced or realized something that influenced the way you connect with God?
- Was there a character in this story that you identified with? Why do you think that is?
- Did you feel confronted, conflicted, or encouraged by this story? Why do you think that is?
- How can we discover more about how we connect best with God while also letting others connect with God in the ways that work best for them?

PRAYER

ACTIVITY | Group Book Study

Choose a book together on spiritual formation and commit to reading and discussing it together this month in addition to this video series. Try something like [The Deeply Formed Life](#) (Rich Villodas), [Discernment](#) (Henri Nouwen), or [Sacred Pathways](#) (Gary Thomas).