

## Opening Question

*What habits, experiences and practices have you built into your life to maintain your walk with God?*

## Big Idea

**Since we are to become like Jesus and do what He did, we need to learn from Him how we can maintain IT and walk closely with God.**

## Discussion Questions

In this weekend's message, we looked at 3 elements of Jesus' rhythm of life that allowed Him to maintain IT in His life: The blessing of the Father and the acceptance it brought, replenishing Himself by building practices and habits into His life that replenished Him and brought refreshment and choosing to obey the Father and the significance that brought to His life. Let's allow these 3 elements to speak into our lives during our study today.

- 1) Read what Jesus says in John 14:12 and what Paul writes in Romans 8:28-29. What do these 2 sets of verses tell us about ourselves as followers or apprentices of Jesus?
- 2) Read Matthew 3:13-17. Have you ever experienced from God what Jesus did in verse 17? If so, describe it for your small group.
- 3) Read Luke 5:12-16. Jesus lived a busy life. Why do you think this was so? Does this passage give any clue to how Jesus dealt with His busyness?
- 4) If we're supposed to become like Jesus and do what He did, what would Luke 5:16 look like in your life?
- 5) Read Lamentations 3:12-14, Romans 5:1 and Romans 8:1. How do think God looks at you? What is His primary emotion toward you? Why do you feel that way?
- 6) Read John 4:27-34. What does Jesus describe as His food? What would this look like in our everyday lives?
- 7) Read Acts 5:32. What is the connection between obedience and being able to engage in the Great Dance of the Trinity and walk with God?
- 8) Do you find that you are fuelled in your walk with God when you obey?
- 9) Summarize what you learned in this study by answering this question: *How did Jesus maintain IT in His life?*

## Challenge

This week find ways to build replenishing and refreshing into your life in ways that help you walk with God. Make a commitment to your group as to 2 things you will do this week to maintain IT and walk with God.

## Prayer

This week choose a partner from your small group whom you will pray for related to their ways of replenishing and refreshing. Pray for them each day that God would use their chosen step of refreshing to walk with Him.

## Next Step

Read Mark chapters 1-6. This will not only help you to get ready for our ReMarkable teaching series that begins next week on the gospel of Mark, but it will allow you to take a look at the life of Jesus up close. As you read, look for the ways in which He experienced replenishing and refreshment in His life.