



KEEP TALKING

The weekend doesn't have to end. Keep Talking with this week's guide.

Make Room | The Goal

Carl Johnston

Main Idea

This week, Pastor Carl continued our new series, 'Make Room' as we looked at what's key to a thriving spiritual life? To thrive in any area of life, we need to set practices for growth and progress. Spiritual Disciplines are no different and for centuries follower of Jesus have been using them to make room in their lives to experience God however, are Spiritual Disciplines the goal or are they a means to an end?

Make It Practical

- Have you ever had a discipline help you progress in an area of life (exercising, budgeting, dieting, etc.)? How did you benefit?
- Carl gave a list of what spiritual disciplines are not:
 - They are not a measure of spirituality.
 - They are not ways to earn favour with God.
 - They are not the end, but a means to an end.
- Have you ever thought about spiritual disciplines in one of these ways? What was the effect?
- Read Matthew 22:34-40. With over 600 laws, why do you think Jesus chose these two commandments as the greatest? How could our lives and the lives of others be different if we prioritised these two commandments?

Talk About It

- Carl mentioned that loving others is an exercise that is never fully accomplished, yet we can get better and better at it. Why do you think some people are easy to love, while others are more difficult? Have you ever known someone you had to choose to love?

- Carl shared ways he is not naturally like Jesus. What ways of Jesus don't come naturally for you (peace, love, compassion, joy, etc.)? What would it look like to trust more of God's power in those areas this week?
- What's a way—large or small—you could practice making room for God this week? What can our group do to encourage one another to experience more of God in our lives?

John Ortberg, *The life you've always wanted*

“The **true** indicator of **spiritual** well-being is **growth** in the ability **to love** God and people. If we can do this **without** the practice of the spiritual disciplines, then we should, by all means, **skip** them.”

Prayer

Father, we invite you to come and help us, by the power of your Holy Spirit to make more room for you that we may experience more your transforming power in our lives and have the power to live life and to love others as Jesus modelled and taught us. Thank you for your Son who is our greatest example and teacher, may we learn to live and love like Him everyday.

For more information about Prayer and Fasting at LGCC, please visit mylgcc.com/prayer