



WEEK 2 BEING

Take some time to discuss the previous week's Challenges. Here are some things to discuss:

- ➔ Celebrate a "win" and share a struggle that you had in the Red Letter Challenge over the past week.
- ➔ What did God reveal to you this week?

Watch Red Letter Challenge Video for Week 2 - Being
Read Mark 1: 35-39

The Challenges for the Week of Being focus on several spiritual disciplines:

- ➔ Bible Reading
- ➔ Fasting
- ➔ Prayer
- ➔ Celebrating God with others
- ➔ Worship
- ➔ Sabbath
- ➔ Solitude/Rest

By yourself, rank yourself on a scale of 0-10 (where 0 is "I don't do this" and 10 is "I am top tier at this.") in each of these seven disciplines.

- If someone asked you to teach another person how to do one of these spiritual disciplines, which one would you pick? Which one would you avoid? Why?
- What mental barriers are you currently struggling with in regards to spending time with God (priority, utility, ability)?
- If you were interrupted in your alone time with God, what would that interruption probably be? How can you take steps to reduce that interruption before it happens?
- What could you eliminate to spend more time *being* with Jesus?
- Which of these spiritual disciplines do you want to lean into more over the Red Letter Challenge?

CLOSING PRAYER:

Pray for the Lord draw us near to Him this week. Pray for your group to recharge with God, celebrate with Him, and find rest in Him.