



Week 2 “Consistency”

INTRODUCTION

It's the start of a new year and many of us are setting out to make good on the resolutions we've set for ourselves. It's always exciting at first to see initial progress, but then life can start to happen and we can find ourselves putting our new diets on the back-burner, quitting our workout plan with that new gym membership, becoming less focused on saving money, and next thing we know we are right back to where we were last year. If only we would remain *consistent* with our resolutions and become *disciplined*. It's a harsh reality when we let ourselves or our friends and family down. We begin to beat ourselves up and tell ourselves, “Well, there's always next year!”

Life is tough. However, as much as we may have a hard time being consistent in our daily physical lives, we have an even harder time being consistent in our spiritual lives. That might not seem like a big issue with you, but the truth of matter is that your spiritual life affects every aspect of your “regular” day to day life. Hard to believe, I know, but it is true. If you are truly living out a spiritual life, going to church, reading scripture daily, and being involved in healthy Christian community, I guarantee that your life will be improved 100%. But we have to remain *consistent*, even though that seems impossible at times. We have to remember that we have the help of our Heavenly Father and with Him on our side, anything is possible!

DISCUSSION QUESTIONS

1. What are some of your upward hopes (spiritually)?
2. What are some downward habits that hinder your upward hopes?

Read Hebrews 10:23-25 **“Engage in a Worship Service Regularly”**

3. What does it mean to be fully engaged at a worship service?
4. As believers, what are some steps we can take to make sure we are fully engaged in service when we attend?
5. When you miss or stop attending church services for a while, what do you notice happens to your demeanor? Is there a noticeable change evident?

Read Acts 2:46-47 **“They participate in Christian Community (Community Group)”**

6. Why is it so important to surround yourself with people who have the same spiritual goals?
7. How do you participate in Christian Community, other than community groups?
8. Why is consistency so important when it comes to Christian Community? Explain.

Read 2 Timothy 3:16-17
“They Read Scripture Daily”

9. What is it about this area [scripture reading] that can be difficult to maintain?
10. Why is it so important to be in scripture daily?
11. In what ways can we as believers make sure we are reading daily?

ACTION STEP

For your action step this week, make an intentional effort to think about your spiritual consistency. There are so many things in this life that try to pull our attention and focus away from our Lord and Savior that we need to take steps to remain consistent with Him. This week, spend time in prayer asking God to help you with three things: getting engaged in worship service, getting engaged in Christian community, and reading scripture daily. It will take work and discipline, but with the Fathers help all things are possible!

Take Next Steps + Pray Together + Take Care of Each other = Community Groups!