

BEGIN AGAIN: BEGIN AGAIN ON PURPOSE

01/08/2017 • Troy Dean • 1 Timothy 4:7-8

BIG IDEA

A vision for your life with God will change everything.

OUTLINE

VISION:

The heart of spiritual life is to do everything with Jesus, in his name—the way he would do it in our place, knowing he is actually present.

We can only live in Jesus' name one day at a time.

If I am going to learn to spend an ordinary day with Jesus, it will have to be this day.

SLEEP:

Sleep is an act of trust.

Sleep is a gift from God.

Fatigue is one of the greatest barriers to prayer and spiritual growth.

Going to Sleep:

1. Get enough sleep.
2. Resolve conflicts before going to bed.
3. Invite Jesus to be with you when you wake.

Waking Up:

1. Renew your invitation to Jesus.
2. Speak to Jesus about any anxieties or concerns you feel.
3. Acknowledge your dependence on Jesus.

Review the day with God.

DISCUSSION QUESTIONS

1. What difference can it make seeing the evening as the beginning of your day instead of the morning?
2. Which is more difficult for you to do in Jesus' name: waking up or going to sleep? How so?
3. Review your most recent weekday. How would you rate living in Jesus' name? Share only what you feel comfortable sharing with the group.

NEXT STEPS

- I will plan a day to practice sleeping and waking in Jesus' name.