

# YOU'VE HEARD IT SAID



LifeGroups





## Key things you heard

- Reading the Bible helps us know the character of God. Prayer turns our knowledge of who God is into a relational conversation with Him.
- 5 Practical Ways to Include Prayer and Scripture in Your Practices:
  1. Find accountability with others.
  2. Commit to spending time with God daily.
  3. Start small, like with Psalm 23.
  4. Give yourself grace if you miss a day. But stay committed to showing up.
  5. Explore resources like podcasts and books for additional wisdom.

**Pray:** *God, thank You for giving us Your Word so that we can know You better. We're so grateful that You hear our prayers and that You show Your love for us in so many unique ways. Help us to continue connecting with You throughout our day and our week. In Jesus' name, amen.*



## Tweetable Moments

-  Start small. Go slow. Watch your hunger grow.
-  Spiritual growth happens in your personal practices *and* in community with others.



## Say What? Questions for conversation

**Icebreaker:** What are some things you do to connect with your friends?

- How did this conversation impact how you view spiritual practices?
- What would it look like to connect with God the same way you connect with your friends?
- What are some of your foundational spiritual practices? How have you seen reading the Bible and prayer help you grow closer to God?
- Read **Psalm 23**. Talk about any words or phrases that stood out to you. What might God be trying to teach you through this chapter?
- Share about a time when you felt truly connected to God. What practices were in your life during that time, and how did they impact your relationship with God?



## Now Go Do It Resources and next steps

**Challenge:** Read Psalm 23 and pray about the things God reveals to you through this chapter. Then, share about the experience with your LifeGroup.

- If you're not yet in a LifeGroup, find or start one here: [www.life.church/lifegroups](http://www.life.church/lifegroups)
- Start the *Essential Spiritual Practices* Bible Plan: [www.go2.lc/practicesplan](http://www.go2.lc/practicesplan)
- Find the Verse of the Day, Daily Guided Prayer and more on YouVersion: [www.bible.com](http://www.bible.com)