



# What's Next

## Week 4 - Own Your Own Workout Discussion Guide

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There's an old saying: "You can lead a horse to water, but you can't make him drink." The ultimate idea is that we have to take personal ownership of our actions. The areas of our lives that are thriving are doing so because we are pouring personal energy, time, and resources into them. This is true in all areas of our lives, including our spiritual growth. While we benefit from attending weekly services and being in a supportive Life Group, we must also make time each day to connect one-on-one with God.

1. What is the most awkward one-on-one situation you've ever had?
2. Share an example of setting out to do something, but getting distracted by something else. A key factor to having a good quiet time is shutting down all the noise and distractions of everyday life. Jesus countered distractions by getting away from everything to spend time alone with God each day. (Study: Mark 1:35, Matthew 6:6, Jeremiah 29:13)
3. Think of a time when you misinterpreted someone's intentions or directions. What were the results? When trying to connect with God, it's important to know who He is and what He has already said to us. That's why it is so important to read the Bible. It may also be beneficial to read study notes or a well-written devotional that will help guide your reading or explain Bible principles. (Study: 2 Timothy 3:16-17, Psalm 19:7-11, Hebrews 4:12)
4. When you pray, what are the most common requests or "asks" you bring to God? What topics do you discuss with Him? In what areas should you be asking for His wisdom and direction? God cares about all areas of our lives, so tell Him anything. But remember it's not a one-sided conversation; we must be ready to listen to what He tells us. (Study: Luke 11:1-4, James 5:16)
5. Final Thought: One-sided conversations are usually unproductive. The same is true when we talk to God. He still desires to speak to us today. During your quiet time this week, after you have gotten away, after you have read God's Word and taken time to pray, take at least two to three minutes to be still and hear what God is saying to you.