



'Stopping to Refuel'

Ice-Breakers:

Share about the very first car you owned (or drove). What was the cheapest price you can remember paying for a gallon of gasoline?

Questions:

1. Read John 10:10 in several different translations. What do you think Jesus meant by the phrase "abundant" life?
2. Read Ephesians 3:19. Do you go through life "filled" with the fullness of God, or do you generally feel "empty" spiritually? Explain.
3. Read Matthew 4:4. What do you think Jesus meant by this statement?
4. Is it difficult for you to stop your busyness and be quiet? If so, why?
5. How often do you make a connection with God? Explain what that looks like for you, personally.

Application:

Pick one of the following ways to connect with God and try it this week...

1. Choose a passage of Scripture and repeat it until you memorize it.
2. Read one Psalm a day. Pray the Psalm back to God.
3. Read through the Gospel of John.
4. Read one chapter of Proverbs a day for 31 days.
5. When you read the Gospels, imagine yourself as one of the people in the story; record how you would feel and respond.
6. Journal. Write your prayers in a journal. Also begin a journal page with "Yesterday, I..." Then list everything you did yesterday (the places you went, the people you talked to, and the things you did) and see if God was trying to get your attention in anything.
7. As you read your Bible write down favorite verses on index cards; keep these cards in a place where you'll see them often.
8. Use Psalm 23 or Psalm 139 as a prayer.
9. Pray for a friend's salvation for one minute every day for 30 days.
10. Use a world map and pray for the people of a different country for one minute every day.
11. Write out a letter of confession to God
12. Make a list from A to Z of things that you are thankful for
13. Rewrite passages from the Bible in your own words
14. Study the Bible with a Commentary and/or Bible Dictionary.
15. Read and reflect with a Daily Devotional guide or a good Christian book.