

– The Healing –

Ice-Breakers:

- **Describe any "Ah-ha" moments you have experienced during this 60/60 challenge. Even if you haven't yet experienced a specific desired outcome, have you perceived any unexpected benefits?**

Discussion:

1. **Read Mark 1:15. What kind of life does Jesus offer? What is your reaction to the stated prerequisites for this deeper experience of life God desires for us to live?**

2. **Read John 15:5. Can you think of a time in your spiritual life that you "forgot to breathe" and struggled to see any spiritual fruit growing in your life? How do you stay connected to the source of life?**

3. **Read Isaiah 59:1-2. Now hold your breath as long as you can. What thoughts come to your mind when you consciously try to go without oxygen? Describe any parallels you perceive between sinning and not breathing.**

4. **Read 1 John 1:9. Do you find it challenging to admit you're wrong despite the fact that you know God will forgive you? What are some reasons why it is difficult to confess your sins?**

5. **If you've had a spiritual experience through the 60/60 challenge, or by some other means, what can you do to continue your closer connection with God?**

Application:

- **As part of maintaining a more intimate relationship with God, to whom is He calling you to to serve and love? Who needs to hear your story?**

- **Every 60 minutes for the next 60 days, pause and remember that God is present with you in that moment no matter what you're doing, and invite Him to guide you step by step throughout your next 60 minutes. (To help remind you to pause every 60 minutes, set your watch/phone to beep every hour.)**

- **Listen, respond and surrender to God's promptings around: Trusting His Word, Resisting a Sin, Following a Relational Prompting, Giving Sacrificially and/or Doing the Opposite of What You Normally Do.**

  Book Resources: Book Resources: Soul Revolution by John Burke; The Practice of the Presence of God by Brother Lawrence