

THE LIFE CHALLENGE

CONNECT

Share in general on these questions. What attitudes shape your life? Do you have a default posture you take in your day-to-day life? Do you have a default posture that you don't like and how it influences your life?

IDENTITY

The word 'posture' means 'a way of dealing with or considering something; an approach or attitude'. In the passage it says our posture should be in prayer, being watchful (alert) and thankful. What is Jesus's desire for us with each of these three words? How does Jesus show up for you in each of these forms of posture?

THE EXAMEN

How are these things impacting your outer life? Do they inform what is being poured out? We are never perfect, so this is not about forcing an outside appearance to make us look good. This is about allowing God to change us on the inside, so our outside life will naturally be changed. A few weeks ago, the passage talked about having peace. Peace is a state where our outside life and inside life match. It's all a journey so it's not being perfect, it's allowing the Holy Spirit to inform our lives. As the passage says, is our language and attitude full of grace and seasoned well? Are we wise in the way we act?

PRACTICE

What has God been showing you that you want to take to prayer or be more alert (watchful) or change frustration into thankfulness? Where do you want a touch of divine inspiration? Where do you want to see more of God in your life? Perhaps it may be a time for the whole group to be silent and listen to what God is saying to you through this discussion. Share what you are hearing or desiring from God.

PRAY TOGETHER

Based upon the discussion use the passage to pray over or for each other. Re-read the passage aloud and ask God for how this applies to each other. Is there a word or phrase from it you feel is for someone in your group? Pray that over them.