

AMPLIFY our Weekly Message / 12.6.20

These **discussions** and recommended **spiritual practices** are designed to help **AMPLIFY** the impact of our Sunday morning teaching from God's Word. Choose the ones that fit best in your context.

1st Sunday of Advent

Each Sunday in Advent light the appropriate Advent Candle with someone and spend a moment in conversation and prayer together.

Read Luke 2:1-7.

Share about something for which you had to wait for a long time. Share about a promise fulfilled differently than you expected. What was unexpected about the way God's promise was fulfilled in baby Jesus?

Take a moment to pray with and for the person with whom you just shared.

Daily Discussion

These are intended for conversation around the dinner table, in the car, or before bed at night (designed for ages 7 and up). Start each conversation by reading the passage listed.

Monday: Romans 7:18-25. What does this passage suggest is true about followers of Christ? Share something about the way this struggle plays out in you.

Tuesday: Romans 7:18-25. Share an example of delighting in God's law. What are some obstacles in the way of that delight?

Wednesday: Romans 8:5-8. Share some examples of what it is to live such that your mind is set on the Spirit. Share some example of what it is to live such that your mind is set on what the flesh desires.

Thursday: Romans 8:9-11. How have you learned to identify and listen to the Spirit of Christ within you?

Friday: Romans 8:9-11. What does it feel like when God gives spiritual life to our mortal bodies through His Spirit?

Saturday: As we reflect during Advent on Jesus' first coming, what do you hope will be true about the second coming of Jesus?

Weekly Discussion

Spiritual friends are those who intentionally move into one another's life to spur one another on in spiritual growth for the Glory of God.

1. What are some ways in which you've been seeking to put off the old self and put on the new self this week?
2. How have you felt encouragement in the midst of your journey of putting off old self and putting on new self?
3. What's one way in which your interior world is different now that it was 5 years ago?

What follows are some spiritual practices that we believe could feed your soul and advance His Kingdom this week.

An Inward-Focused Spiritual Practice

Daily spiritual discipline – Read Romans 7:18-25 and 8:5-11 each day this week and work through these self-reflective questions:

1. What attitudes, actions or beliefs have you put on in an effort to adapt to your circumstances and meet your needs?
2. What role do family and friends play in helping us see the parts of our adaptive selves that are hidden from us?
3. What is shame and how have you seen it impact your own life or the life of someone you know?
4. What is God's antidote to shame?
5. What is one "adaptive ketchup packet" that keeps causing messes in your life?
6. What have you found to be helpful in learning to take off the old and put on the new?

An Outward-Focused Spiritual Practice

Seek to love those God places in your path. Be intentional to share Jesus's love through word or deed with them.

With the love of Jesus in view, reach out to a neighbor or co-worker or someone in need. Step into one of our Shalom for the City initiatives and share Jesus with our local community. Get on our weekly prayer email and start lifting these prayers and praises up to the Lord.