



WEEK 2 BEING

Take some time to discuss the previous week's Challenges. Here are some things to discuss:

- ➡ Celebrate a "win" that you had in the Red Letter Challenge over the past week.
- ➡ Share a struggle.
- ➡ What did God reveal to you during the Challenges this week?

OPEN | Share with the group about the most awkward time your cell phone rang (preventing you from being present where you were).

Watch Red Letter Challenge Video for Week 2 - Being

Read Daniel 1:1-21 and Daniel 6:7-10

Even when facing the punishment of death, Daniel continued to practice being with God—praying three times a day and following closely after God with diet, service, and leadership—while living as an exile in a foreign land without a church building or any organized religion.

In what ways did Daniel demonstrate he put a priority on *being* with God first?

Zach suggests most Christians don't have a *doing* problem, we have a *being* problem. What do you think of this assessment?

What is more challenging for you (doing or being)? Why?

What are some of the ways of *being* with God?

The Challenges for the Week of Being focus on several spiritual disciplines:

- ➡ Bible Reading
- ➡ Fasting
- ➡ Prayer
- ➡ Celebrating God with others
- ➡ Worship
- ➡ Sabbath
- ➡ Solitude/Rest

What do these disciplines look like in your life right now?

Which one of these comes easiest to you? Why?

Which one of these do you struggle with the most? Why is that?

Which of these are you willing to commit to improving this week?

CLOSING THOUGHT & PRAYER:

Say: *"If a man wants to be used by God, he cannot spend all of his time with people."* (A.W. Tozer)

What does this closing thought inspire?

Pray for the Lord draw each of you near to Him this week. Pray for your group to recharge with God, celebrate with Him, and find rest in Him.

