



GROUP STUDY GUIDE

WEEK OF MAY 26, 2024 | MAY 26 ONLINE EXPERIENCE

This week, we're going to focus on what God's Word says about spiritual rhythms. If there is a spiritual rhythm that your group feels like you need to grow in, focus on that section first. For further study on spiritual rhythms, check out [Daily Bible Reading](#) this week.

WARM-UP QUESTION

Which spiritual discipline comes most easily to you? Which is one that is more challenging to implement regularly?

GOD'S WORD

Read [Psalm 119:105-112](#)

- How is the Bible like a lamp? What does that comparison tell us about how we should use God's Word?
- What role does the heart play in following God's commands for our life?
- How do you think the author of this psalm views God's teaching? What stands out to you about the author's word choice?
- How is the way you view God's Word similar or different to the author of the psalm? What would change about your life if you viewed it the same as the author?

Read [Matthew 4:1-11](#)

- What state is Jesus in when the devil first approaches him? Why is that significant?
- What does this passage have to do with understanding the importance of God's Word?
- How is Jesus using God's Word in this passage? How does this connect to the armor of God in Ephesians 6?
- How does this passage end? What does that tell you about the devil and how we can respond to him?

PRAYER

Read [Matthew 6:5-8](#)

- What does Jesus teach us about how we should pray? What should we not do?
- How does heart posture connect to the ways Jesus is telling us to pray or not pray?
- What "reward" is Jesus referencing? What does a "reward" from God look like? What does it not look like?
- If verse 8 tells us that God knows what we need, why should we pray? How have you wrestled with this concept before?
- How would your prayer life look different if you prayed like Jesus teaches here? What's one way you can apply this teaching to your prayer life this week?



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Read [Matthew 6:9-13](#) and pray it as a group. You can have one person pray over the whole group or go in a circle and each person can pray the prayer over the person next to them.

SABBATH REST

Read [Exodus 20:8-11](#)

- What stands out to you in this passage?
- Read verse 11 again. Why do you think the author (Moses) included this information about God? What does it teach us about Him?
- Do you practice sabbath as described in this passage? If yes, how has it impacted your life? If not, what hesitations do you have?
- What is the danger of not keeping the Sabbath?
- What would need to change about your life to observe the Sabbath? What small changes could you make to work toward this?

Read [Mark 2:23-28](#)

- What do you learn about Jesus in this passage?
- How does the passage about David connect to what's happening in this passage? (Not familiar with this story? Read it in [1 Samuel 21:1-6](#).)
- What do David's story and Jesus' words teach us about God? What does it teach you about the type of relationship He wants to have with us?
- Where do you see legalism in the hearts of the Pharisees in this passage? How could we be like the Pharisees and become legalistic about sabbath?
- Why is it significant that Jesus is the Lord over the Sabbath? How can you remember that in your own life?

RESPOND

- Based on what you just discussed, what do you think God is prompting you to do in response? When will you do it?
- Pray together as a group for the specific goals or areas of struggle that came up in your discussion. Thank God for revealing more of who He is, and ask Him to help you apply what He's prompting you to do this week.