

MYSTIC RADICAL

Sparrows and Swallows | Discussion Notes

As we start a new year you may want to spend a bit more time than you normally would doing an icebreaker. This could just be a few funny questions or your favourite icebreaker game.

A DEEP FAITH

This week, Clare talked about what it means to have a “deep faith” and how we can develop one.

- What does a deep faith look like?
- Is there someone you know who you think has a deep faith? What characterises it?
- Are there times when you feel like you’ve had a deeper faith?

PSALM 84

Read through Psalm 84 again, focusing on then first 4 verses.

- What stands out to you about this passage?
- What can this passage teach us about having a deeper, personal faith?

HOW TO GO DEEPER

Clare explained that in order to develop a deeper faith we need to focus on three things: “choose your defaults”, “learn to see in the dark” and “look through, not at”.

We have to **choose our defaults** - or decide in advance what are our lines in the sand when it comes to faith. These are the decisions around how we behave or just live our lives such as the language we use, our attitude towards drinking or sex, who we spend our time with etc.

- What impact do you think these challenges have on our faith? Have you experienced when letting your actions or behaviour slip has affected your personal faith?

Clare explained that **we have to learn to see in the dark**. She explained that faith grows deeper during times of challenge and difficulty.

- Do you agree that faith grows in tough times more than others? If so, why is that?
- How can we learn to use these difficult times to grow our faith?
- Are there any challenges to growing a deeper faith in the tough times?

Finally, Clare said that we have to **“look through, not at”**, in other words we need to not be so distracted by the world around us but instead learn to focus on Jesus instead. The Psalmist says, “better is one day in your courts than a thousand elsewhere.”

- How can the distractions of modern life impact out faith?
- What can we do to learn to focus on Jesus more?

The best thing we can do to go deeper in faith is to learn to trust in God and ask him to help us. Break into smaller groups and pick one of these three topics we have discussed, asking God to help us grow in that area.