

HOW TO SURVIVE THE END OF THE WORLD

3. Develop a Secret Life | Discussion Notes

Read Matthew 6:5-6 and then watch the summary video.

- In order to survive and thrive in a time of upheaval and challenge, it's important to develop a deep, secret devotional life with your Heavenly Father. Do you agree?
- What do you think of when you hear the words 'devotional life'? Is it largely positive or negative? How rewarding is it for you?
- Jesus says that when we pray in a shallow, religious way to impress others we have already received all the reward we're going to get. The word used for reward is more like 'a wage' – we get out what we put in. Can you identify with this?
- Jesus uses a different word to describe the reward given to the second person. This is much more like a gift, or like a Christmas bonus – we get out a whole lot more than we put in. Is there a time when you have experienced this in your Devotional Life?
- Lex's advice for those wanting to kick start a devotional life was to **start small**, make it **regular** and **focus** on meeting with Jesus. Where is your devotional life at and do you need to put any of these tips into practice?
- For those of us wanting to go deeper in our devotional life, Lex's tips were to Reorient the way we do our prayer life – to meet with Jesus, not tick a box – and to Leave Space for silence and contemplation. Think about dividing your time equally between prayer, Bible reading and silence. Is there anything here you can put into practice? What would that look like in reality for you? Be specific, make some plans.

Group Activities

Take some time to discuss how you can support each other with your devotional lives. If some members of your Hub don't have a devotional life, offer to do a bible plan on the bible app as a Hub to get them started.

Or to encourage each other to go deeper, you could ask a member to share on the group chat each day what they feel God has said to them that day.

Why not try going deeper together now? You could put on some quiet worship music, or brave the silence, and leave some space for people to connect with their Father. You may have to push through the awkwardness, but it's worth it. Try putting on a timer for 2 mins, 5 mins or more and see what happens. Ask people to share anything they felt God was saying in that time.