

FIRST THINGS FIRST

Core Group Guide: Devotion Through Spiritual Disciplines

Opening Take 5 minutes to have each person briefly share a high & a low from their week. Then have someone pray for any immediate needs as well as for the group time. **(NOTE: A potential response time may be to take Communion together. If you want to do that during the Closing Ministry Time, plan accordingly.)**

Core Questions You will spend most of your time on the first value, but make sure you get to all three.

Value #1: Know & Love God

Read *Acts 2:42* together.

Discuss the idea of “devotion.” Use the questions as needed to guide the discussion.

Who is the “they” in this passage? Newer believers or members may not know Acts 2, so context may help.

What does it mean to be “devoted”? How can you tell someone is devoted to something?

Answers could include what you talk about, how you spend your time, what occupies your fascination and energy.

What would people say you are devoted to? Would they say God? Why or why not?

How do we live our lives in a manner that is devoted to God? What does Acts 2:42 say?

Acts 2:42 has four aspects - apostles’ teaching, fellowship, breaking of bread, and prayer.

Use the Following questions to explore which of these we should seek to grow in more.

What should motivate us to continue to know and love God more?

Apply (Option 1) Use this option for a slightly more open-ended but simple conversation based on the four practices of devotion from Acts 2:42. Consider asking which of these your group does least or feel called to do more, then a question or two about each of those. [Remember the spiritual disciplines are means, not ends.](#)

What does it look like for us to be devoted to the apostles’ teaching?

Some good options include listening, reading, memorizing, and meditating (which could include journaling). See *Acts 17:11*

What does it look like for you to be devoted to fellowship?

You can read the word by yourself, but the word is discerned in community. If anyone in your group doesn’t see the value in larger group gathering such as lifegroup or church, this may be worth discussing. Also see *Hebrews 10:23-25*.

What does it look like for you to be devoted to breaking bread?

Read *Luke 22:14-20* & *1 Corinthians 11:23-26*. The Lord’s Supper looks backward (the means of righteousness in Jesus’ work on the cross) and forward (the hope of restoration in Jesus’ return). How can you do the same regularly? If anyone in your group doesn’t see the value in larger group gathering such as lifegroup or church, this would also be a good time to discuss it.

What does it look like for you to be devoted to prayer?

Praying Scripture, personal or corporate prayer of thanks and praise, and intercession are a few options that may come up. If you discuss this, pray right now to practice!

Apply (Option 2) [What are spiritual disciplines?](#) By Zondervan Academic

Use the linked article for a more straightforward conversation involving some good truths about Spiritual Disciplines and a list that you can consider working from to apply to your devotional life. Don’t forget the section of the article at the end!

Value #2: Love One Another

Read *Hebrews 3:13* and answer the questions below.

What is one thing you can incorporate as love to God? How can we encourage or help you do it?

LISTEN: Pause to let the Holy Spirit speak and give direction. If something doesn’t come to mind for someone, encourage them to pick one and implement as fun act of devotion to God. Remember this is to love God, not to make Him love us!

Value #3: Make Disciples

Read *Colossians 4:3-5* and answer the question below.

How can you make the most of an opportunity by sharing that you love God?

IDEA: Next time someone asks you how you are, you can say. “I’m doing well! I’ve been doing this new thing of (insert spiritual discipline here) as a way to love God! Have you ever done anything to show appreciation to God?” See where it goes!

Closing Ministry Time

End in ministering to one another if you haven’t already. At minimum, take time to pray for one another.