



Discussion Questions and Practices

Upward: Prayer Is Our Lifeline

Key Verse: John 15:5

Discussion Questions

1. Jesus says, “Apart from me you can do nothing” (John 15:5). In what ways have you seen prayer (or the lack of it) impact your daily life, ministry, or relationships?
2. Tyler Staton says prayer is not about performance but intimacy. How might shifting your view of prayer from “duty” to “abiding” change your rhythm with God?

Spiritual Practice

Father Before Phone: This week, before touching your phone in the morning, pray the Lord’s Prayer slowly. Use it as a vine-to-branch connection, asking God to center your day in His presence.

Inward: Transformation Is Our Identity

Key Verse: 2 Corinthians 3:18

Discussion Questions

1. Paul says we are “being transformed” as we behold the Lord’s glory (2 Cor. 3:18). What practices help you *behold* Christ regularly, and what practices pull your attention elsewhere?
2. N.T. Wright says, “You become like what you worship.” What are the “idols” or distractions in your life that subtly shape you, and how can you redirect that gaze toward Jesus?

Spiritual Practice

Glory Gaze: Trade 10 minutes of scrolling for 10 minutes of Scripture meditation (Gospels or Psalms). Each day this week, choose a short passage, read it slowly, and ask: *What about Jesus here reveals His glory? How does this call me to reflect Him?*

Outward: Mission Is Our Calling

Key Verse: 2 Corinthians 5:20

Discussion Questions

1. Paul calls us “Christ’s ambassadors” (2 Cor. 5:20). Where in your daily life do you feel God calling you to carry His presence as a representative—workplace, school, neighborhood?
2. Mother Teresa said, “Always start with the person nearest you.” Who is one person in your circle right now that you sense God asking you to show His love to in a simple, concrete way?

Spiritual Practice

One Name, One Act: Each day this week, pray for one specific person who doesn’t yet know Jesus. Then look for one simple act of presence or kindness you can do for them—listening, inviting, encouraging, or helping.