

This week we heard a message from Levi Lusko that was all about establishing healthy rhythms for our soul. During this time of isolation and change, we should consider the health of our soul and the habits that drive our day to day behaviour.

Sermon Outline:

Luke 11:38-41

Key points:

- When you lose your "why" you always lose your "way"
- If the things we are doing for God aren't fueled by our time with God, we will begin to act like we are God!
- Distraction leads to anxiety and trouble.
- It is no measure of health to be well adjusted to a profoundly sick society.
- Let's use technology, and not be used by technology.
- If you don't change your direction, you will end up exactly where you are going.
- The basics are simple, not easy.

Psalm 131:2 – "like a weaned child is my soul within me"

Psalm 55:17 – "morning, noon, and night I cry out in my distress, and the Lord hears my voice."

Daniel 6:10 – Daniel prayed three times a day as was his custom since his early days.

Suggested Discussion Questions:

- What is the most used app on your phone or other device? Why? *(for those who aren't tech savvy ... you can check your screen time in the settings on your phone)*
- Jesus told Martha that distraction was leading her towards anxiety and trouble, what is causing you the most distraction right now?
- For many of us, our routines, responsibilities, and habits have been dictated by the demands and pressures of life. The things we used to consider normal may be a reflection of a "profoundly sick society". Has this season of change revealed anything to you about your old priorities?
- David spoke about his soul being like a weaned child *(being able to appreciate the presence of God without needing something from Him)*. What are some of the ways we can cultivate this frame of mind?
- How has your devotion time, prayer, or other disciplines changed in the last month? Better / worse / no change?
- Levi reminded us in the message that "The basics are simple, not easy". What are some of the core disciplines that you can put in place / or keep in place – during this season?
- Pray for one another.