

19 Mar 23	SESSION 4	CONFIDENCE THROUGH CONSISTENT PRACTICES
Matthew 7:24–27	We grow confidence in our faith and God’s leading when we regularly use helpful spiritual practices.	

Discussion questions

1. When has a well-rehearsed practice or routine in your work, home, or leisure life been especially helpful?
2. Discuss how your own frontlines have been this week. Share one challenge and one opportunity you’ve encountered.
3. How might having consistent spiritual practices give you confidence in a difficult situation?
4. Think about your own frontlines again – how can you introduce something simple that reminds you that you are a follower of Jesus there, or that God is present?
5. If regular, consistent spiritual practices are not something you are used to, how you could encourage one another in developing them?

Bible study

Read **Matthew 7:24-27** a couple of times, then pause to reflect on one thing that strikes you.

1. What does this reading tell us about God – the Father, the Son, and the Holy Spirit?
2. What does it say about... the world? Our contexts? Something in the news?
3. How does the reading relate to us and our frontlines? Is there something to give thanks for, to do, to ask for, or to say sorry to God for?

Closing prayer

Spend some time praying for each other’s frontlines.

Father, we know we don’t have what we need for our frontlines in our own strength. Help us to be intentional about staying connected with you and make us more aware of your Spirit prompting us wherever we are.