

# Habits

ANCIENT PRACTICES FOR TODAY'S WORLD

## OPENING UP



When was the last time you faced a difficult life decision in life? What was the decision about? How did you go about seeking guidance for what to do?

## TEXT



### The Guidance of God – Acts 13:1-3

<sup>1</sup> Now there were in the church at Antioch prophets and teachers, Barnabas, Simeon who was called Niger, Lucius of Cyrene, Manaen a lifelong friend of Herod the tetrarch, and Saul. <sup>2</sup> While they were worshiping the Lord and fasting, the Holy Spirit said, "Set apart for me Barnabas and Saul for the work to which I have called them." <sup>3</sup> Then after fasting and praying they laid their hands on them and sent them off.

## MESSAGE OUTLINE



**Big idea: God guide his people for his kingdom purposes.**

1. Through a variety of gifts.
2. Through collective fasting and prayer.
3. Through spiritual discernment.

## DISCUSSION QUESTIONS



- We know that God leads his people because of who God says he is. What are some of the ways that God describes himself that let us know about his commitment to lead us as his people?
- The list of leaders in this passage includes an impressively diverse group of people. How does having leaders with diverse backgrounds help contribute to the effectiveness of the group to lead? What people who are different from you (ethnically, culturally, educationally, etc.) do you have speaking into the decisions you face? How has having these diverse friends challenged or encouraged you?
- The list of leaders here also have a variety of gifts, both prophesy and teaching. What value does the full range of spiritual gifts add to the body of Christ and how God leads us (see 1 Corinthians 12:4-31)?
- Fasting for spiritual reasons is not very common in our context. What are some of the barriers to more commonly carrying out the spiritual discipline of fasting? What has been your experience with fasting? How have you seen it help you when seeking God's guidance in your life?
- What is a decision you are facing right now? What is a decision your church or Life Group is facing right now? What are some steps that you can take to follow the model laid out by Acts 13:1-3?

## CHALLENGE



Navigating our way through life is not always easy. The right decision isn't always clear. More than one option can seem like a good choice. But God cares about the direction of our lives, and he offers guidance through the power of his Holy Spirit. Who are some people in your life who are facing difficult decisions, believers and unbelievers alike? How could you reach out to offer a word of encouragement and to pray for them?

## PRAYER



Father, you are faithful through every decision, every dilemma, and every step of our journey. You are sovereign over our lives, and you are present with us throughout every experience. Thank you, Father, for your tenderheartedness and your deep concern for us, your children.

We bring before you the needs of our church and the needs of our lives for guidance. We want to bring glory to you in every area of life and in every decision we make. So speak to us, Lord. By your Spirit, make clear to the hearts of your people how you would lead us. We trust you, Father, and we long to hear your voice. In Jesus' name, amen.