

BEING – Red Letter Challenge

Take some time to discuss the previous week’s Challenges. Here are some things to discuss:

- Celebrate a “win” that you had in the Red Letter Challenge over the past week.
- Share a struggle.
- What did God reveal to you during the Challenges this week?
- Share with the group about the most inconvenient time your cell phone died.

Watch Red Letter Challenge Video - Being

Read Daniel 6:7-10

Even when facing the punishment of death, Daniel continued to practice being with God—praying three times a day and following closely after God with diet, service, and leadership—while living as an exile in a foreign land without a church building or any organized religion.

Do you think it is possible to love people the way Jesus did if we aren’t spending time in His presence? Explain.

The Challenges for the Week of Being focus on several spiritual disciplines:

- **Bible Reading**
- **Prayer**
- **Worship**
- **Solitude/Rest**
- **Fasting**
- **Celebrating God with others**
- **Sabbath**

What do these disciplines look like in your life right now?

Which one of these comes easiest to you? Why?

Which one of these do you struggle with the most? Why is that?

Rank yourself on a scale of 1-10 (where 1 is “very poor” and 10 is “excellent”) on how disciplined you are currently in your relationship with God. If comfortable, share that number with the group.

CLOSING THOUGHT & PRAYER:

Say: *“If a man wants to be used by God, he cannot spend all of his time with people.” (A.W. Tozer)*

Pray for the Lord draw each of you near to Him this week. Pray for your group to recharge with God, celebrate with Him, and find rest in Him.