

LIFEGROUP COMMUNITY OF FAITH STUDY: FAITH STRENGTHENS FAITH

WARMING UP

1. How is your memory? Do you have certain things you tend to forget in your daily life?
2. How do you improve your memory or help you remember things?

READ LUKE 9:23

3. Summarise this verse in simple language, as if explaining to a non-Christian.

During Bert's sermon on 29th April 2018, he used three statements regarding our faith:

1. *Faith shared and given*
 2. *Faith heard and received*
 3. *Faith remembered and refreshed.*
4. **Faith shared and given:** when was the first time someone shared and gave you the gospel message?
 5. **Faith heard and received:** What did you think when you first heard the gospel message? When did you fully grasp it and receive Christ as your Lord and Saviour?
 6. **Faith remembered and refreshed:** How often do you think and remember what Christ has done for us? How often do we get refreshed by remembering what he has done?
 7. Luke 9:23 reminds us to take up our crosses daily and follow Him. The key word here is **daily**. During your week, are there days/ moments when you feel like Christ is silent? Or when your faith is crippled? Why is this so?
 8. What stops us from sharing our faith and repeating the cycle with others? Why?

Many times we simply forget what Christ has done to save the likes of you and me, we forget the ultimate power of his ability through the beauty of the cross. We need to come daily to Christ and daily remember what he has done, in order to get refreshed. It is a daily sacrifice, carrying our own crosses, a daily practice of faith, and then letting God transform your faith daily. With a world that is so busy and full of distractions, a world of bad news, we are prone to forgetting the good news. Let us realign ourselves and come back to God through prayer.

THE PRAYER OF EXAMEN

In this next section, this is a chance where you and your lifegroup can spend some quiet moments, praying in silence, reviewing your day/ situations, and to spend some time praying into it.

Read through the following steps below first, and when your lifegroup is ready, the leader can read the steps to guide through the process:

1. **Be still and become aware of God's presence.**
2. **Review your day with gratitude**
(turning your complaints to praise, putting things in to perspective that God is so much bigger).
3. **Pay attention to your emotions**
(this can reveal how you react to situations, and opens up issues that need dealing with.)
4. **Choose one feature of the day and pray into it.**
5. **Look toward tomorrow.**

*We also recommend trying out the mobile phone app: "Reimagining the Examen"
There are different step by step guides to walk you through the prayer of examen for different contexts. If you'd like, you can use the app instead of the basic steps above.*