

Conversation Starters

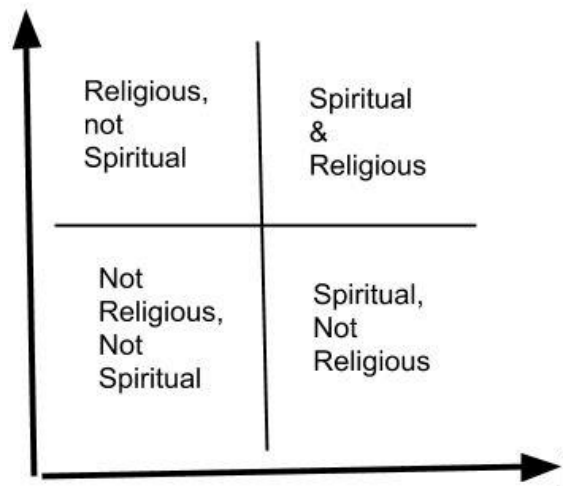
- Has the current pandemic led you to pray more?
- Have you taken some time for a spiritual reset?

Discuss

A spiritual reset includes an interplay of two dynamics: spirituality and religion.

- Did either of these ideas spark a negative connotation to them?
- Prior to this message, what are some thoughts that would have come to mind?

Starting your spiritual reset begins with knowing where you stand in relation to these two dynamics, which can fall into one of these four quadrants:



- Which quadrant would you place yourself, and how is that working for you?
- Have you ever been in any of the other quadrants in the past?
- Why are you in the quadrant that you're in now?

Jesus had clear teaching on these ideas and the right quadrant to be in. It was the integration of true, authentic spirituality and religion. It was really about the foundation you are building your life on.

"So why do you keep calling me 'Lord, Lord!' when you don't do what I say? I will show you what it's like when someone comes to me, listens to my teaching, and then follows it. It is like a person building a house who digs deep and lays the foundation on solid rock. When the floodwaters rise and break against that house, it stands firm because it is well built. But anyone who hears and doesn't obey is like a person who builds a house without a foundation. When the floods sweep down against that house, it will collapse into a heap of ruins." (Luke 6:46-49 NLT)

- Why are both spirituality and religion necessary in the Christian faith?
- What does it take to surrender?

Next Steps

We can and should be all in when it comes to a relationship with God and how He wants to transform us and the world around us every day. We each have to make a choice, though, to embrace Jesus for what He did for us and all that He stood for with all of our being. Wrestle with this truth this week, and find out what is keeping you from being all in. Then, work on resolving whatever is holding you back.

Further Reflection

Read Matthew [15:8-9](#); [7:21-23](#).

Pray

God, You alone are the One who provides life and truth. Thank You for offering it to us freely. Help us to navigate and get answers to any questions that are keeping us from a striving relationship with You, and help us to remove anything keeping us from fully surrendering to You.