



# R E C A L I B R A T E

## SESSION 4 - RESPOND

### **SERIES BIG IDEA**

Through worship, we respond to God.

### **SCRIPTURE**

Colossians 3:15-17

### **ICEBREAKER AND OPENING THOUGHT**

These opening questions will help your group think through what it means to respond rather than to react. Throughout your time help the group process what it means to live life more intentionally as a response to God. For a quick reference reacting is a spontaneous, overly emotional, and defensive interaction with the world. When we think about living our lives as a response to God, we are talking about a thoughtful way of living our lives with reason, emotions, and healthy boundaries and priorities. We may be tempted to think spontaneous reaction and worship of God is more “spiritual” than a measured and planned approach, but that is not necessarily so. Surely we can make room for spontaneous acts of worship and gratitude, and we also want to make sure we live out our values every day.

### **BIBLE DISCUSSION**

If you have ever tried to live a life of compassion, kindness, and humility, you have found that this kind of life is not for the faint of heart. It requires you to give yourself fully to your spiritual development and to be mindful of others. Being nice can often be a substitute for the real character that is formed when we live out these important virtues. We will never perfectly live out these virtues, but through the power of the Holy Spirit, we can make important steps in our journey.

### **LIFE APPLICATION**

To let the Word of Christ dwell in us and shape our lives, we need to have a healthy balance of time spent with Christ, and a life lived for Christ. If we are to pour ourselves out for others, we must find ways for others to pour into us. Help the group think through healthy ways they can take some simple steps in this regard. No one is asking anyone to be a superhero Christian, nor is that required. Jesus is, after all, the hero. So what ways can our lives grow as a response to God in a way that is honoring to ourselves and the other people in our lives?

### **CHALLENGE**

Sometimes it's easy for us to think that worship just happens for an hour on Sunday morning, but nothing is further from the truth. We're not meant to relegate our “worship” of God to a single time and place each week, instead our lives are meant to be defined by worship. This week, let the Word of Christ dwell in your richly so your life may be an outpouring of worship to God.