

Life Hacks: Aug. 24

//DISCUSS

- Q1 – What's the best sleep hack you've been given?
What do you do when you can't fall asleep?
- Q2 – What comes to mind when you think of prayer or meditation?
- Q3 – Do you feel like prayer is your reflex or your last resort?
How might your life be different if prayer was your reflex and not your last resort?
- Q4 – Whatever disciplines you develop when things are good, you default to when things are bad. What disciplines do you want to work on developing now to serve you later?
- Q5 – What fear is on the verge of overwhelming
- Q6 – What can you do this week to begin developing a regular repeatable habit of prayer?

Challenge: Write this meditation pattern down, put it somewhere prominent, and make it your mindset:

1. Process everything with God
2. Fixate on the good
3. Express your gratitude

//READ

- James 5:13-16
- Danile 6:16-23
- 1 Peter 5:8
- 1 Thessalonians 5:16, 17, 18
- Psalm 119:15
- Philippians 4:6-7

//PRAY

Lord, we pray that you would help us to meditate on your word every day. That we would go to you first and trust you to give us wisdom, guidance, and peace in all circumstances.