

**Let's Review (5 minutes)**

- i. It is important to eat and drink at regular intervals to maintain good health. You must also be fed spiritually at regular intervals throughout the day and week. Going to church is good, but you need to learn to feed yourself daily through personal devotions and family worship.
- ii. Some people thrive and others don't depending on whether or not they spend quality time with God. God is waiting to pour Himself into your life.
- iii. Daniel prayed regularly and frequently. He was disciplined about it.
- iv. Give God the first part of your day. Start your day with morning devotions. Don't start your day with social media, email, texts, or the news. Then join with the family for worship. Let God mold your mind for the day.
- v. You will always struggle spiritually if you are not spending time regularly with God. Do not neglect the Bible for other spiritual books.
- vi. Teach your children to have their own personal devotional time with God, and they will be strengthened for their lives. Make family worship fun and meaningful.
- vii. If you spend time with God, there is no guarantee that your day will be problem-free. But it does mean that God will strengthen you to meet those problems.
- viii. Allow God into your life. He will recharge your spiritual batteries and give you power to live for Him.

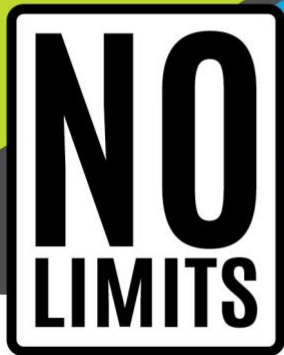
**Let's Learn (5 minutes)**

Ask someone to read Mark 1:35.

If Jesus regularly prayed, why is it important for us to do the same?

**Let's Inspire (5 minutes)**

Share with the group your answer: How different will my life be if I, like Jesus, regularly and faithfully spent time in devotions?



**Let's Apply (5 minutes)**

How can you make your family worship attractive for your kids so that they will enjoy it?

**Let's Pray (5 minutes)**

Based on what we have just heard from the sermon and discussed in our group, what prayer requests do you have?