

**Sunday, March 4, 2018**



## **Seasons of Training**

### **How to use Talk It Over:**

*Talking through the message during the week helps you turn what God is saying to you into action steps. Begin with the key questions and then wrap up by deciding on your next steps. You can use this study guide with your small group, your family, or on your own.*

### **Key Questions:**

- Have you ever trained for something really important? What did you do? Did it involve ‘cross training’ of any kind? If so, how did that help?
  
- Often when we approach spiritual growth we focus on just one area - scripture knowledge. How might it be helpful to do some training in a different area - like prayer? Or experiencing the presence of God outdoors? Or in serving another? Ask yourself - what part of me have I been feeding? Heart? Soul? Mind? Strength? Try focusing on an area you haven’t spent much time focusing on this week!

### **Reading for this week:**

**Monday:** Colossians 3:15-17

**Tuesday:** Matthew 6:5-6

**Wednesday:** Romans 8:26-27

**Thursday:** Hebrews 4:12-16

**Friday:** Jeremiah 15:16