



Week 1: Spend Time With Jesus

Following Jesus is more than believing the right things—it's learning to live your life with Him. Jesus invites us to slow down, sit at His feet, and abide in His presence rather than allowing hurry and distraction to shape our lives. Spending time with Jesus isn't just about carving out a few minutes each day; it's learning to recognize His presence and walk with Him through every part of life.

Discussion Questions:

1. What's the difference between believing the right things about Jesus and actually following Jesus? How can you tell which one is shaping your life?
2. **Read Luke 10:38-42.** What do you think Mary understood in that moment that Martha was missing? Where do you see yourself in the story? Where do you see hurry, distraction, or busyness affecting your relationship with God?
3. **Read John 15:1-5.** Where you abide determines your fruit. What does abiding look like for you and what "fruit" have you seen it produce in your life? What are some "false vines" you tend to look to for rest, peace, happiness, or security? What kind of fruit has it produced?
4. What would it look like for you to move from simply having a "quiet time" with Jesus to practicing His presence throughout your day? Where or when would that be most difficult for you?
5. Shawn issued a 7-day challenge to give Jesus the first 15 minutes of your day—five minutes of stillness, five minutes in a Gospel, and five minutes in prayer. How's that going? Where are you feeling opposition? Where are you experiencing breakthrough?