**COVID CONVERSATIONS STUDY GUIDE**

**SESSION FIVE**

What patterns or habits will you **restore** in your life?

What patterns or habits will you **remove** in your life?

What patterns or habits will you **remake** in your life?

How can your small group pray for you in the coming weeks?

SMALL GROUP QUESTIONS

**When considering your life’s patterns and habits, think through these three Rs for guidance:**

**R \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**R \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and**

**R \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

According to Ephesians 6, a daily habit and pattern should be to put on the full armor of God, which is

The b\_\_\_\_\_\_\_ of t\_\_\_\_\_\_\_\_\_\_\_

The b\_\_\_\_\_\_\_\_\_\_\_\_\_ of r\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

The s\_\_\_\_\_\_\_ of p\_\_\_\_\_\_\_\_\_\_

The s\_\_\_\_\_\_\_ of f\_\_\_\_\_\_\_\_\_\_

The h\_\_\_\_\_\_\_\_\_ of s\_\_\_\_\_\_\_\_\_\_\_\_\_

The s\_\_\_\_\_\_\_\_ of the S\_\_\_\_\_\_\_\_\_

and is activated by p\_\_\_\_\_\_\_\_\_\_\_\_\_!

**For Further Study…**

Read through Acts 1:1-11. From this passage we see that Jesus speaks to his disciples about the kingdom of God, gives them some instructions, and challenges their understanding of him. After Jesus’ ascension what is restored, removed, or remade in their lives?

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| **Restore** | **Remove** | **Remake** |
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Using the categories discussed today, what are some things you can name to restore, remove, or remake in your life? Some areas to consider are:

* Exercise / Rest
* Bible Study / Prayer / Church Attendance
* Family Time
* Financial Habits
* Calendar and Scheduling
* Personal sin: self-reliance; idolatry; addictions (food, substances, comforts)

|  |  |  |
| --- | --- | --- |
| **Restore** | **Remove** | **Remake** |
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