



What's the first thing you do each day? Instead of being stressed by work emails, anxious from the news, or consumed with social media, what if we reached for our Bibles before we picked up our phones each morning?

- Open with prayer.
- If your groups is new, give everyone time to introduce themselves.

CONVERSATION STARTERS

- What's one thing you're looking forward to in the future?
- Share something new or a highlight from this past week.

REVIEW

Open your Bibles and read from **John 6:66-69**.

- Share your favourite points from the weekend sermon. What spoke to you?
- Share a phrase or moment that you related to the most, or a question you may have from the weekend.

DISCUSSION QUESTIONS

- What is the first thing you do each day?
- How would you describe your relationship with God?
- Why do you think it's important to begin your day with God? End your day with Him?
- What's one habit that you'd like to start to deepen your relationship with God?
- What are some practical ways you can read your Bible without being distracted?
- How does this verse apply to your life? What will you do about it?

PRAISE & PRAYER POINTS

Share what God is doing in your life and spend some time praying for each other's prayer requests.