



Spiritual Rhythms – Week One: Follow

- Icebreaker: Who did you want to be like when you were younger?

Read Matthew 16:13-18

- Jesus took his disciples to Caesarea Philippi, a current place of worship for the Roman Emperor and home of a pagan temple to the god Pan, known as 'the gates of Hades'. Why might Jesus have brought his disciples here? In what area's in our lives might we be surprised to find Jesus?
- The disciples responded to the question "Who do people say the Son of Man is?" by likening Jesus to prophets. What descriptions of Jesus do you see or hear from others today? Where do you think these options come from?
- Jesus didn't let the disciples get away with others peoples description of him. He made it personal, asking "Who do you say I am?". How would you answer that question if Jesus had asked you?
- On Sunday Dan spoke about Jesus as savior, teacher, lord and friend, which of these do you relate to the most? Are there any other words you would use?
- Tom Smith (author of Raw Spirituality) writes "If we don't think Jesus is brilliant, we will relegate his teachings into a compartmentalized spiritual aspect of our lives that we think is not "in touch with our reality". Have you found this to be true in your own life?
- Read Luke 6:46. Why do we sometimes struggle with this?
- Read John 13:12-17, 15:14-17 what do these verses teach us about how Jesus views our relationship with him?
- What practical decisions can you make this week to ensure that you are following Jesus in every area of your life?