

GROUP DISCUSSION GUIDE

January 25 2026

RUSHED
Rule of Life
Deut. 6:1-4; Acts 2:42
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NOTES

Looking back at your notes from this week's message, was there anything you heard for the first time, stuck with you, challenged or confused you?

What is the one important thing you will take away from this weekend's message or our community group discussion? Is there any challenge, difficulty or praise that you would like to share with the group for prayer?

Pastor Matt talked about what it means to put together a rule of life, which are customized guidelines for living in regard to prayer, rest, relationships, and our work/activity.

MY STORY

What's one guideline in your life from which you rarely, if ever, deviate?

WHAT DOES GOD WANT US TO HEAR?

"Now this is the commandment—the statutes and the rules[a]—that the Lord your God commanded me to teach you, that you may do them in the land to which you are going over, to possess it, that you may fear the Lord your God, you and your son and your son's son, by keeping all his statutes and his commandments, which I command you, all the days of your life, and that your days may be long. Hear therefore, O Israel, and be careful to do them, that it may go well with you, and that you may multiply greatly, as the Lord, the God of your fathers, has promised you, in a land flowing with milk and honey. "Hear, O Israel: The Lord our God, the Lord is one. (Deut.6:1-4)

According to Moses, what would be the result of following the "rule of life" outlined in Deuteronomy?

What does it look like to love the Lord with *only a part* of your heart, soul, or might?

[The followers of Christ] devoted themselves to the apostles' teaching and the fellowship, to the breaking of bread and the prayers. (Acts 2:42).

If you were to break down these four practices to a rule of life, what would be the heading of each one?



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What does God want us to hear? Based on the passages above, what are the factual “takeaways” that are meaningful to you?

WHAT DOES GOD WANT US TO DO?

These are the four parts of the rule of life ...

1. **Prayer.** This means growing into a close relationship with God, and abiding in Christ so that we bear fruit that brings delight to God’s heart. *What are some practices that tend to increase your awareness of the presence of God?*
2. **Rest.** This means to experience enough physical, mental, and emotional refreshment so that you have the energy and motivation to complete the tasks God has given you to do. *What are some life-giving things you like to do, activities that sustain your heart and spirit?*
3. **Work / Activity.** This is the ordering our days and weeks so that our work in honoring to God and others. *How do you determine a day’s priorities? How do you know what to let go when you checklists get overwhelming?*
4. **Relationships.** The means we cultivate healthy reciprocating relationships so that put we consistently the interests of others on the same plane of importance and significance as our own. *What’s very important to the person you care about the most? How do show your support for these priorities as you engage with this person?*

What does God want us to do? Flowing out of our reading and interpretation, what action does this passage or the Spirit’s leading, nudging us toward?

WHAT DOES GOD WANT ME TO DO?

Create a mini-rule of life for each of these sections, perhaps that also includes certain practices. Then combine these goals into one statement, your rule of life ...

My rule of life:

What does God want ME to do?

What is the personal application and action step
is the Holy Spirit is calling you toward?

