



On Repeat | Travis Rea

9 JULY 2023

1. What are some healthy rhythms (positive habits or traditions) you have placed in your life? How did you establish these rhythms or routines?

 2. Read Matthew 17:14-20 with your group. The 4 words from this passage was: we need mercy, correction, healing and faith in/from Jesus. List ways we can/should access these 4 words in our daily lives?

 3. How closely do you think your priorities match up with Jesus' priorities? (If this is a hard question, just consider how you spend your time).

 4. How would this season of your life look differently if you decided today to put Jesus and His message more "on repeat" in your daily living? Explain.

 5. We talked about how the Bible is Absolute Truth. What is the biggest truth you need to hear and apply in this season of your life?

 6. Read John 3:5, 5:24 and 6:47. Why did Jesus say "truly" and why are these verses so important to know and believe?

 7. Pray with your group. What is one thing to share that we can pray about this week?
- Application/Challenge:

Set better rhythms for us and our family when it comes to following Jesus by reading the Bible and Praying.

Set better rhythms on how we spend our time in private and public

Set better rhythms on how we engage, welcome and show hospitality to those around Us.

Want a Deeper Look into two more “truly” statements in the Bible:

Matthew 6:2 – So when you give to the needy, do not announce it with trumpets, as the hypocrites do in the synagogues and on the streets, to be honored by others. TRULY I tell you, they have received their reward in full.

Bottom Line – Don’t be prideful and seek the attention of others to fuel you up.

Matthew 10:42 – And if anyone gives even a cup of cold water to one of these little ones who is my disciple, TRULY I tell you, that person will certainly not lose their reward.

Bottom Line – Don’t be so consumed with yourself you miss out on loving and caring for your family, friends, and people who need encouragement and hope. All of us need to come out of our shell because we have a story to tell. That’s the great commission.

Whether it’s a drug, habit, social media, sugar, caffeine, money, success, affirmation, we all struggle with needing, craving and wanting different things. What is one area in your life where it’s hard for you to walk in freedom? Why is that area difficult for you? How could you step into freedom in that area?