

## Talk It Over

*Questions are prepared each week and are designed to prompt insights, questions, and the life experience of each listener. If these are used immediately following the sermon, it would be much the same as what was done in Israel at the time of the early church.*

### Discuss:

1. What systems do you regularly practice in your life? Do you have a morning system or routine? A system for cleaning your house? A system for exercise? What systems do you have that may seem insignificant to others, but are very important to the way you function?
2. How would you define your spiritual nature? What words or phrases would you use to describe the deepest part of you that connects you to a larger whole? How would you define what it means to be a “spiritual being”?
3. How did Jesus describe the spiritual dimension of life? What words, phrases or images did Jesus use to talk about the core of our being? What things did Jesus say about this important aspect of who we are?
4. Church attendance in the United States has been on a decline. Why do you think this is so? What do people think about the role of the church in this post-pandemic era?
5. In what ways does the church offer a “System for Spirituality”? What specific things does the church do or provide that create a structure for developing and maintaining our spirituality?
6. What is one practice could you adopt or system you could embrace that would help you maintain and grow your spirituality? What would it take for you to engage with this system or practice consistently?

