



*Our Talk It Over is designed to prompt insights, questions and dialogue based on the life experience of each participant. Using these in a group setting after hearing the message is similar to the practices of the early church in Israel. Choose just one or a few of the questions to consider this week.*

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### Warm-Up:

As you begin a new year, what is one area of your life where you feel most intentional—and one where you feel stretched or distracted?

### Discuss:

1. Why do you think commitment has become more difficult to sustain in today's culture, especially when it comes to shared institutions or communities?
2. What does it mean to pay attention to the "core" of who you are, and what tends to pull your attention away from that inner life?
3. How have meaningful relationships shaped you at key moments in your life?
4. What qualities make a community feel safe, trustworthy, and life-giving?
5. Why do you think people long to be part of something bigger than themselves, even when it requires sacrifice?
6. What practices currently help you tend to your inner life, and which ones might need to be strengthened or reclaimed?
7. Where do you experience genuine connection right now, and where do you desire deeper community?
8. In what ways are you currently giving your time, energy, or resources to something beyond yourself?
9. What would consistent commitment look like for you in this season—not perfection, but faithfulness?
10. What is one barrier that keeps you from deeper engagement, and what would it take to move past it?



### Apply:

This week, choose **one intentional action** related to the three areas discussed. Write it down, share it if appropriate, and follow through.

- **Core:** Commit to a regular spiritual or reflective practice.
- **Community:** Take a step toward deeper connection with others.
- **Cause:** Offer time, resources, or service in a consistent way.

### Closing Prayer

God, thank you for calling us into a life that is deeper, richer, and more meaningful than we can create on our own. Help us tend to our hearts, build authentic relationships, and give ourselves to purposes beyond ourselves. Give us wisdom to commit well, courage to stay engaged, and grace to grow together. Amen.