



# TALK IT OVER

*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

What's a small, everyday habit or routine you actually enjoy (morning coffee, a drive, working out, etc.)?

## Discuss

1. Why do you think it's so easy to focus on big, visible moments and overlook the small, repeated ones?
2. What we repeat shapes us. Where have you seen that play out in your own life—for better or worse?
3. Which simple practices (like daily connection with God, meaningful conversations, consistent community, or serving others) feels most natural to you? Which feels hardest? Why?
4. What's one area where you've maybe been waiting for big change, but could actually start small instead?
5. What's one thing you'll do this week to begin (or restart) a simple, consistent rhythm in your life?
6. Where might your current habits be quietly shaping a direction you don't actually want long-term—and what would it look like to change course through small, consistent steps?



## Apply

Commit to one small consistent action this week that can begin shaping your life over time:

- **Pick one practice** to start or strengthen (read a short Bible passage or say a quick prayer, ask a meaningful question at dinner, show up consistently at church)
- **Make one environment shift** (refine rhythms and routines that are normalized in your home)
- **Invest in one person** (give simple, intentional encouragement and support)

## Pray

Father, thank you for the people in our lives and the people in our homes. Help us to love you with all our heart, soul, and strength. Help us build small, steady rhythms that shape our homes and shape our lives. Give us strength to keep going. Form us through the little things. In Jesus' name, amen.