

Chapter Nine: *Drinking Deeply*

We're a remarkably busy culture. The default answer to the question, "How are you doing?", for many people is, "Busy!" As a leader, we're sure you can relate. And yet there is a certain barrenness to busyness. It keeps us from being fully present in life and with other people. It's also one of Satan's greatest strategies for keeping us from developing a more intimate relationship with Jesus. If Satan can't lead us into blatant sin, he'll simply keep us so busy we can't enjoy the life that is ours in Christ. That's what this chapter is all about.

Getting Connected

While there's no "right answer" to these questions, our desire is to get people thinking about what *really* quenches their thirst. And is Jesus someone they relate to recreationally or informally, or are they open to Him touching their soul at the deepest levels?

Highlights and Insights

As always, your openness and vulnerability will go a long way in helping your group to be transparent. So in advance of your group session, we invite you to think about specific things that keep you from being fully present in life and with Jesus. Do your absolute best to move discussion from the realm of theory and concept to real life barriers. For example, instead of settling for the answer, "My schedule", you might respond, "What aspect of your schedule causes you the greatest difficulty in being fully present?"

Biblical Focus

This section is pretty straightforward. In getting people's unfiltered responses to the second question, you might invite them to write their immediate response on their notes sheet and then ask them to share. For the question on sanctification, if they're wrestling with their responses, you might want to encourage people to turn to the pages in their book that talk about this.

The Heart of the Matter

This section will, no doubt, be a stretch for your group. We just want to say this up-front, and encourage you to say it as well to your group. Nevertheless we want you to lead the way in people experimenting with this in your group. It says to "Choose one or more" of the exercises. The goal is for people to try their best to do what is asked, and then to talk about it. It's not to get through all three. We'd suggest starting with the first option and helping people debrief it. Then, as time permits, moving on to another.

In Conclusion...

If people are shy or hesitant to share prayer requests for themselves, you might verbalize some of the things you've heard people say throughout the discussion in terms of barriers, awkwardness, or outright resistance. And then present them as opportunities for prayer and spiritual support.