

HABITS OF PREPARATION



1 PETER 1:13 // DARRYL DASH

1. Make time (Luke 10:41-42)

How often do you claim to be too busy to spend time developing your spiritual life?

What are the first steps in reclaiming your schedule and making time for what matters?

2. Rest and refresh (Exodus 20:8)

Do you have any Sabbath principles that you regularly follow? What are they?

What is an easy change that would help you keep better rest cycles?

3. Care for your body (1 Corinthians 6:19-20)

Are you mistreating your body in any way? Describe the situation.

What would it mean to take better care of your body in the coming weeks?

4. Simplify and prioritize (Hebrews 12:1)

What area of your life has become unnecessarily complex?

What two or three priorities would help simplify your life in that area?

5. What will it mean for you to “pull yourself together” in terms of spiritual preparation?