

## “Daily Communion”

Southern Lakes Church  
Pastor Ken Brummel 3-1-26

1. What are some daily rhythms or habits that you have? How do they often define us and determine what we will be in the future?
2. We are in the last month of the BOLD Initiative. What was one of our overarching goals for SLC that went beyond building a building? Have you seen any evidence of God answering that prayer?
3. READ Psalm 63:1-6. What questions, observations, or thoughts jump out at you from this Psalm?
4. What does it mean to be surrendered and how can our daily routine when we first wake up help us to be surrendered?
5. Discuss the importance of seeking God early. What does that mean? See Matt. 6:33; Mk. 12:30.
6. Have you ever been really thirsty or hungry? What becomes your focus when you are? What should be our daily focus? See Job. 23:12; Psalm 42:1-2.
7. Read Acts 4:29-31. What is biblical boldness and where does it come from?
8. Discuss the statement that Boldness is a byproduct of communion with God.
9. What were the “night watches” (v. 6) and why would David have understood what it meant to “be still?”
10. Read Psalm 46:10. What does it mean to “be still?”
11. Discuss the emphasis in our society on being busy and how that can sabotage stillness and communion with God.
12. READ John 15:5. Why is it so important to “BE” before we “DO?”
13. What are some common excuses for not being still and how can we overcome them?
14. Discuss the reality of distractions in our society. What are some of the big ones you struggle with?
15. Share some ways to FOCUS rather than experiencing FOMO and its implications.
16. Spend some time in prayer asking God to help us make Him our #1 priority.