



RADiation *Worksheet*

Reflection | Application | Discussion

Week of October 9

Key Idea: The things we do *for* God need to be rooted in the time we spend *with* God.

DISCUSSION & PRAYER ([PHILIPPIANS 4:6-7](#))

What has God done that you are thankful for this week?

What are you worried about?

SCRIPTURE

[Luke 10:38-42](#)

(Read these verses on your own and aloud as a group.)

REFLECTION

Complete this short self-evaluation from Emotionally Healthy Discipleship by Peter Scazzero. Put a number next to each statement, indicating how well it describes you: Not Very True (1), Sometimes True (2), Mostly True (3), or Very True (4).

- I spend sufficient time alone with God to sustain my work for God so that I live out of a cup that overflows ([Mark 1:35](#); [Luke 6:12](#)).
- It is easy for me to identify what I am feeling inside ([Luke 19:41-44](#); [John 11:33-35](#)).
- When I become anxious or feel like I have too much to do in too little time, I stop and slow down to be with God and myself as a way to recenter ([Luke 4:42](#); [Luke 10:38-42](#)).
- I set apart a twenty-four-hour period each week for Sabbath-keeping—to stop, to rest, to delight, and to contemplate God ([Exodus 20:8-11](#)).
- People close to me would describe me as content, non-defensive, and free from the approval or disapproval of others ([Philippians 4:11-12](#); [John 5:44](#)).
- I regularly spend time in solitude and silence. This enables me to be still and undistracted in God’s presence ([Habakkuk 2:1-4](#); [Psalm 46:10](#)).

APPLICATION

How did your ten minutes of quiet time with God go last week?

What are you willing to do in response to God’s lead? Write a statement starting with “I will” and share it with your group.

What is God leading you to do differently in regards to being with Him before doing for Him?

NOTE: It’s the third week of Small Group! How are your plans going for your service project and social? Need ideas or other support? Contact rachael@newdaywi.com Also, send Rachael pictures and stories from your group so we can celebrate what God is doing throughout the body of Christ.