

# DISCUSSION GUIDE

TAKING CARE OF YOUR WALK WITH GOD  
Take Care — Week 1

**ICEBREAKER:** If you could be any cartoon character, which one would you be?

**OVERVIEW:** We regularly talk about loving God, and serving God, and obeying God, and reaching the lost, and helping the needy, but when's the last time that we talked about taking care of ourselves? It is so unusual that it sounds selfish. Is it okay to talk about taking care of ourselves in church? Not only is it okay, but it is essential. In fact, taking care of yourself is just as spiritual as taking care of others. Why? Because if you don't take of yourself, then you can't take care of anyone else. Over the next six weeks we are going to talk about how to take care of ourselves, beginning with taking care of our walk with God.

1. What insight, principle, or observation from this weekend's message did you find to be the most helpful, eye-opening, or troubling? Explain. (Or what was your key takeaway from Sunday's message?)
2. Why is it important to take care of yourself?
3. What is the difference between selfishness, self-centeredness, and self-love?
4. Read Galatians 6:5. What does it mean to carry your own load?
5. What do you need to do to take better care of yourself?

6. Why is it important to take care of your walk with God?
7. What are the different things you must do to take care of your walk with God?
8. What is a daily quiet time, and how does it help you take care of your walk with God?
9. Read Luke 9:23. How can a daily quiet time help you to grow in devotion to God?
10. Read 1 Peter 2:2. How can a daily quiet time help you to grow spiritually?
11. What do you need to do to improve your daily quiet time?

**The Last Word:** "It is hard to have a love affair in a crowd; you need to get alone with that person." Rick Warren