



Small Group Study Guide

THE WALK FIVE ESSENTIAL PRACTICES OF THE CHRISTIAN LIFE

March 28, 2021
“The Five Practices
from the Cross”

OPENING PRAYER

Heavenly Father, thank you for loving us more than we can comprehend. Thank you for sending Jesus to rescue us from our sinful nature. Thank you for your love, your grace, and your forgiveness. Help us as we seek to walk with you and grow closer to you. We pray this in the matchless and powerful name of Jesus. Amen.

SCRIPTURE PASSAGES:

Matthew 27:45-46 (NIV)

⁴⁵ From noon until three in the afternoon darkness came over all the land. ⁴⁶ About three in the afternoon Jesus cried out in a loud voice, “Eli, Eli, lema sabachthani?” (which means “My God, my God, why have you forsaken me?”).

John 19:28-30 (NIV)

²⁸ Later, knowing that everything had now been finished, and so that Scripture would be fulfilled, Jesus said, “I am thirsty.” ²⁹ A jar of wine vinegar was there, so they soaked a sponge in it, put the sponge on a stalk of the hyssop plant, and lifted it to Jesus’ lips. ³⁰ When he had received the drink, Jesus said, “It is finished.” With that, he bowed his head and gave up his spirit.



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INTRODUCTION

Over the last five weeks, we have studied five essential practices of the Christian life – worship, study, serving, giving, and sharing. And the goal of this series has been to close the gap between the Christians we are and the Christians God wants us to become by focusing on these spiritual practices. That all sounds good, but why are these practices so significant? Are they necessary?

On the cross we see Jesus pursuing the five essential practices. These are evident from Jesus' seven final statements from the cross. These practices shaped Jesus' life and they should shape our lives as well. Through his death on the cross, Jesus showed us the extent of human depravity and the depth of God's redeeming love. The cross displays a love so amazing that it demands our full devotion to Him.

QUESTIONS

- 1) What is one of your favorite Easter traditions? Will COVID restrictions keep you from this tradition?
- 2) We have looked at 5 essential practices of the Christian life over the past 5 weeks (worship, study, serving, giving, and sharing.). Which one of the five practices do you need to focus on so you can grow spiritually?
- 3) From the cross, Jesus was praying scripture from the Hebrew Bible. How can you, like Jesus, root your inner life in Scripture, so that you worship in good times and bad with deep inner trust in God?
- 4) Read Matthew 27:45-46 on page 1. When have you felt pain so intense that you cried out to God, "Why?" What was the outcome of that experience?
- 5) Read John 19:28-30 on page 1. Through his death on the cross, Jesus showed us the extent of human depravity and the depth of God's redeeming love. How do you respond to what Jesus did for you?

FINAL APPLICATION

This week evaluate how you are doing with the five essential practices and select one to improve on this year.