Alderwood Community Church April 22, 2018

Creatures of Habit I Corinthians 10:1-5 and 14-17 (Page 1134-1135 or 1149)

	Sermon Questions:
1.	What do you do to keep in shape physically?
2.	There are habits we can practice that help us keep in shape spiritually, i.e. personal Bible reading/study, prayer, fellowship with other believers, giving, etc. What spiritual habits play an important role in <i>your</i> relationship with God?
	How effective would you say they are in turning your affections toward God? Or, have they become more of a spiritual "checklist"? If so, why?

3.	The Lord's Table is a habit Jesus told us to practice. When you come to the Lord's Table, where does your mind typically go?
	Where should our thoughts go during communion according to 1 Corinthians 11:23-26? Why is this important?
4.	How do you keep your mind from wandering off to unrelated thoughts when taking communion?
5.	Think in terms of other spiritual habits. What do you do when Bible reading, prayer, fellowship, and giving become stale? What can you do this week to keep them fresh and turn you toward your Savior?