

## Key Scriptures

<sup>37</sup>Jesus replied: You must love the Lord your God with all your heart, all your soul, and all your mind. <sup>38</sup>This is the first and greatest commandment. <sup>39</sup>A second is equally important, Love your neighbor as yourself. <sup>40</sup>The entire law and all the demands of the prophets are based on these two commandments.  
**Matthew 22:37-40**

For God has not given us a spirit of fear and timidity, but of power, love, and self-discipline.  
**2 Timothy 1:7**

(Timothy) you will be a worthy servant of Christ Jesus, one who is nourished by the message of faith and the good teaching you have followed.  
**1 Timothy 4:6**

## Key Concepts

### Will you pass the time or utilize your time?

- **Self-discipline creates growth habits.**
- **One of the secret ingredients to our faith grown is found in our daily habits.**
- **We don't get to decide our growth, we decide our habits and our habits determine our growth.**

### 3 Habits to Grow In:

1. **Reach out to people**
  - a. **Meet a need**
  - b. **Stay connected**
  - c. **Reconnect**
2. **Find a place to pray**
  - a. **In your home**
  - b. **Set an appointment with God**
3. **Build bible reading into your daily routine.**
  - a. **Everyone starts somewhere, now step it up a notch**

## Talk About It

- How could the family increase our prayer time?
- Who can you reach out to during this time at home?
- How can we set up a prayer station?
- Can we set up a family Bible reading plan?
  - the YouVersion App has great reading plans for free!
- What can we do to better utilize our time at home?
- How can we use these next few weeks for our whole family to grow in our faith journey?
- Write a note to encourage someone in our home to be intentional about a faith discipline.
- Write a separate note to encourage someone who might be experiencing anxiety or fear about all of this.