

NOTES & QUOTES



CONNECT (BUILD RELATIONSHIPS)

1. We have a need for balance in our eating habits. What is your go-to favourite food? What food (or food group) do you struggle to include in your diet?
2. Share about a time when you were incredibly thirsty and desperately needed a drink. What drink do you find the most refreshing?

THRIVE (EXPLORE BIBLICAL TRUTH)

3. Read the passages below. How do they relate to the stream and invitation that follows?
 - a. John 11:25-27, Matthew 28:19-20 - Evangelical Stream, Invitation to Believe!
 - b. Ephesians 5:18, Romans 8:14 - Charismatic Stream, Invitation to Receive!
 - c. Psalm 46:10, 1 Thessalonians 5:17 - Contemplative Stream, Invitation to Listen!
 - d. 1 Peter 1:13-16, 1 Timothy 4:7-8 - Holiness Stream, Invitation to Obey!
 - e. Amos 5:24, Luke 4:18-19 - Social Justice Stream, Invitation to Act!
 - f. Exodus 31:1-5, 2 Corinthians 4:7 - Incarnational Stream, Invitation to Live!

COMMIT (BE ON MISSION)

4. Which of the six streams do you resonate with the most naturally? Which stream(s) are you less familiar with that God may be inviting you to consider more closely?
5. If the streams were like spokes on a wheel and the stronger the stream, the longer the spoke, what shape would your wheel take? How round is your wheel?
6. Take a Bible, pen, and pad of paper to your favourite place for solitude and ask yourself, "Am I spiritually thirsty for a deeper faith and life with Jesus? What are the biggest obstacles to totally surrendering my life to Jesus?"

Pause, Ponder, and Pray

"Jesus answered, 'Everyone who drinks this water will be thirsty again, but whoever drinks the water I give them will never thirst. Indeed, the water I give them will become in them a spring of water welling up to eternal life... Let anyone who is thirsty come to me and drink. Whoever believes in me, as Scripture has said, rivers of living water will flow from within them.'"

John 4:13-14, 7:38