**‘STEPPING STONES TOWARDS SPIRITUAL GROWTH’**

**WEEK 4 – ‘Reading and reflecting’ – week beginning 5 August**

Bible readings: Mark 4:1-20, Colossians 3:15-17

* Watch PREVIEW CLIP together
* What are some of the things you think can stop the ‘seeds’ of God’s Word that He plants in us from growing?
* Why is it important to ‘prepare the ground’ of our hearts and minds first through ‘reviewing’ and ‘releasing’ before we take in God’s Word?
* Which of the four dimensions of spending time before God of reviewing (where God has been present and active, patterns that may have emerged in you), releasing (burdens, barriers, misbeliefs, baggage), reading or reflecting do you do most, and which could you do more of?
* What challenges get in the way of us creating space to regularly read and reflect on God’s word?
* What is ‘one thing’ that you can carry with you into everyday life from taking in God’s Word in recent times?
* What’s a ‘next step’ you can take to let the word of God ‘soak’ right through into your life?