

Aim At One Target

I've learned over the years that it's a lot easier to focus on one target to hit than to try and focus on two.

Brilliant insight, isn't it? But when you're as slow a learner as I am, discoveries like this are life-changing. Like when I discovered that water was wet...but I digress.

Returning to our ongoing discussion about starting spiritual disciplines, we discussed two very helpful steps to getting new disciplines started in our own lives. One was to create enough time margin in our day; the other was to get accountable to someone else.

So as you think of the people in your small group, what spiritual discipline are you seeing that each person might need to build into their own lives? While you might come up with three or four that they really need, it might help to keep in mind that...it's a lot easier to focus on one target to hit than to try and focus on two.

So if you were to identify what you would consider the single most important discipline each person in your group needs to develop in their lives at the moment that they are not currently practicing, what would you name as that discipline?

Take a moment and list those people in your group along with that single discipline. Are you seeing any patterns—a number of people who have the same need? That pattern just might present an opportunity for that group to be challenged to adopt that discipline into their lives...and to enjoy the whole journey getting there in the process!

Consider this: presenting a chance to read through a portion of the Bible for a short period of time; say, five or seven days. (There are all sorts of Bible reading plans in YouVersion!) Challenge the whole group to join you in reading it, and then letting the group know that the reading was done that day, and **briefly** share one insight. Consider a way that every participant can post and share that the reading was done as well as the brief insight. A group text, or use an app like GroupMe or Slack, the Community section in YouVersion (you might need to instruct your group there) or use some other means by which every participant can check in and share.

Why would such sharing be important? It brings with it an accountability factor that is essential to developing this discipline into a lifelong, habitual practice.

Again, the idea is to aim at one target. Because it's easier to aim at one target than it is to aim at two at the same time.

How might such a challenge grow your group?