

SEPTEMBER 27, 2026



GROUPS

TALK IT OVER

THE WAY | SESSION 3: THREE HABITS

For the eight weeks of The Way group study, the weekly Talk It Over Guide will reflect the content from the group study.

CHECKING IN

- Share a verse or insight that was especially meaningful to you in your daily devotions this past week.

MEMORY VERSE

“Remain in me, and I will remain in you. For a branch cannot produce fruit if it is severed from the vine, and you cannot be fruitful unless you remain in me.”

JOHN 15:4 NLT

RELATIONSHIPS THRIVE ON CONNECTION

Every healthy relationship requires intentional time and attention. The same is true of our relationship with **Jesus**. Spiritual growth is not **accidental**. It is the result of developing habits that position us to hear God’s voice, experience His presence, and align our lives with His purposes. These habits do not earn God’s favor. They create pathways to deeper **fellowship** with Jesus.

HABIT #1: READ AND STUDY THE BIBLE

2 Timothy 3:16-17 · God’s Word teaches us what is **true**. God’s Word reveals what is wrong in our **lives**. God’s Word equips us for every **good** work. When reading Scripture, ask: What is God saying to **me**? What does this reveal about **God**? Is there a command to **obey**? Is there a promise to **trust**? Is there a sin to **confess**? A vibrant relationship with Jesus requires consistent engagement with God’s Word.

HABIT #2: PRAYER

1 Thessalonians 5:17, James 5:16 · Prayer connects us to **God**. Prayer is more than presenting requests. Prayer is cultivating a **relationship**. Prayer has great **power**. Prayer aligns our hearts with God’s purposes and increases our dependence on Him.

HABIT #3: FASTING

Matthew 6:16, Matthew 5:6 · Jesus said, “When you fast ...” Not if you fast. When you fast. Fasting creates **space** for God. Fasting helps disconnect us from the **world**. When we hunger for God more than temporary things, He promises to **fill** us. Fasting increases our awareness of God’s presence and reminds us that He is our deepest source of satisfaction.

BOTTOM LINE

HEALTHY RELATIONSHIPS REQUIRE INTENTIONAL INVESTMENT. THE SAME IS TRUE WITH JESUS.

As we consistently engage Scripture, pray faithfully, and practice fasting, we position ourselves to experience deeper intimacy with Christ and greater spiritual growth.

DISCOVERY QUESTIONS

1. Which of these three habits—Bible reading, prayer, or fasting—is strongest in your life right now? Why?
2. Which habit needs the most attention in this season of your life?
3. How has God used Scripture to guide, challenge, or encourage you recently?
4. What are some common obstacles that keep people from developing a consistent prayer life?
5. Have you ever practiced fasting? If so, what did you learn through the experience?
6. How do Bible reading, prayer, and fasting work together to deepen your relationship with Jesus?
7. What specific habit is God inviting you to strengthen over the next week?

PRAYER DIRECTION

Spend time praying in groups of two or three.
Pray specifically:

- For a deeper hunger for God's Word.
- For consistency and honesty in prayer.
- For a greater desire to seek God above distractions.
- For courage to practice spiritual disciplines faithfully.
- For a vibrant and growing relationship with Jesus.

Close by asking God to help each group member take a practical next step toward greater intimacy with Him.

DIVING DEEPER

As you read this week's daily devotions ...

- Notice what God reveals about Himself.
- Practice asking the Scripture questions from this week's lesson.
- Spend intentional time in prayer each day.
- Consider one way you might practice fasting this week.
- Continue memorizing John 15:4 throughout the week.

WEEKLY CHALLENGE

Choose one habit to strengthen this week.

- Spend at least 15 minutes reading Scripture before checking social media, email, or news.
- Create a daily prayer appointment with God.
- Practice a simple fast from one meal, social media, or another distraction.

Use the time you gain to pray, read Scripture, and focus your attention on Jesus. Remember, spiritual growth is not accidental. Healthy relationships thrive on connection.

Daily devotions for this week: newpointe.org/daily.