



Read Luke 10:38-42 and 1 Cor 3:12-18.

1. What is the first thing you do or reach for in a morning, and the last thing you do or put down before getting into bed or going to sleep at night?
2. Are there any aspects of your engagement with your phone / technology that are possibly unhealthy? How would being without it make you feel? For 2 hours? For 2 days?
3. What are your personal 'go-to' distractions that you use to 'outsource your consciousness'?
4. How often, in prayer, do you sit in silence with God, neither speaking nor listening, but just 'being with' him?
5. Does this verse resonate with your spiritual journey? ***“And we all, who with unveiled faces contemplate the Lord's glory, are being transformed into his image with ever-increasing glory, which comes from the Lord, who is the Spirit.”***
6. What ways might you 'contemplate the Lords glory' in your daily life? What forms of prayer help you? Can you share any helpful contemplative prayer ideas?