LIVING IN INTERVALS
Discussion Questions

✓ Key Scriptures

• Luke 5:15-16
• Mark 1:35
• Mark 10:38-42
• John 4:13-14
• John 6:47-58
• John 10:10
• Psalm 46:10

✓ Discussion Questions

1. Abundant living requires regular times of being still. We must regularly stop to:
   ✓ Eat of the bread of life
   ✓ Drink of living water
   ✓ Sit at the feet of Jesus and enjoy the presence of our King

2. What does it mean to feast on the bread of life?

3. What does it mean to drink living water?

4. What keeps us from sitting quietly at the feet of Jesus?

5. Jesus, the Son of God, took time to get away in solitary places to pray. He has given us an example to follow. If He required these times, how much more do we?
✓ Activity

✓ Go for a family hike/walk (bring snacks and water)
  o Interval 1
    ▪ Hike/walk 15 minutes (you can adjust the length as desired)
    ▪ Take a drink and a bite of your snack
    ▪ Read one of the passages of scripture
    ▪ Take a funny family photo
  o Interval 2
    ▪ Hike/walk 15 minutes
    ▪ Take a drink and a bit of your snack
    ▪ Pray together
    ▪ Take a photo of something nearby that could represent the character of your family
  o Interval 3
    ▪ Hike/walk 15 minutes
    ▪ Take a drink and a bit of your snack
    ▪ Read one of the passages of scripture
    ▪ Take a photo of each family member posing like their favorite hero