

**Discuss**

1. What obstacles do you face (social, spiritual, personal) in having a regular 'quiet time' (devotions)? (31)
2. How can you encourage yourself, and others, to be more disciplined about spending time with the Lord?
3. How does the author show that "Men are made to work, to lead and to sacrifice themselves for the glory of God and the good of others"? Which do you struggle with most? (32)
4. What explanation does the author say is behind the malaise among contemporary male lives? What does he suggest will correct it? (33)
5. What three aspects of the human personality does the Holy Spirit help us with? (34) What does the HS give to each?
6. What suggestion does the author give for wandering thoughts when we pray? (35)
7. Name the preparations of the heart the author suggests we need before we read the Word. (35)

8. List the three arguments the author gives for choosing the morning. (36)

9. Name two benefits the author gives for having a personal quiet time. (37)

**Bible Study**

Read: Psalm 1

1. Look at verse 1. What are some common sources of "the counsel of the wicked" these days?
2. Eastern meditation involves emptying the mind, but Christian meditation (v. 2) means focusing the mind on God's Word and thinking it through. What are the benefits according to v. 3? Why does God's word produce such good results in us?
3. How is the tree in verse 3 connected to the blessed man in v. 1? What must the blessed man do in order to enjoy the benefits of verse 3?
4. From vv. 4-6 how would you describe the two possible destinations for life's journey? Why is taking notice of the Bible so vital?

**Going Deeper:** After reading the two examples on pages 38-39, list at least three things you could do to maintain a devotional time with an active life.