



## 10 Second Rule: It Matters | June 21, 2017

### Discussion Guide

#### The Scoop

Sometimes faith can feel routine, and when it becomes routine often times we think it doesn't matter. I am here to tell you, it matters...your faith matters.

#### Key Verse

**Proverbs 21:21 (MSG)**

*Whoever goes hunting for what is right and kind finds life itself—glorious life!*

### Discussion

Routines can be very useful when it comes to mundane tasks and everyday activities. Routine allows us to turn off our brains on things that don't require much work and help us create patterns that help us be successful. Many times we develop habits and routines so easily that it takes missing a step in our routine to even realize we had a routine in the first place.

1. Have you ever skipped a step in your morning, work, or evening routine? How did it affect you and your day?
2. What would you say is the most important routine you rely on most regularly?

When it comes to faith, there are parts of our journey that are helpful to have as a part of routine, however, if the whole thing becomes routine, we begin to find ourselves at a loss of meaning wondering if it even matters. In his book *The 10 Second Rule*, Clare DeGraaf admits that his faith had become routine and he was on autopilot. As a result, he had noticed that he started to lose interest and believe that maybe his faith didn't matter that much.

3. When it comes to faith, have you ever felt like things were kind of boring, lacked meaning, or even didn't matter all that much?
4. Have you ever done anything to intentionally combat settling in your faith? What has worked and what hasn't?

In his book Clare shares how "The 10 Second Rule" allowed him the opportunity to engage God more regularly and more intentionally, which shook him out of routine. He argues that if we respond more often to the things "we are reasonably certain Jesus wants us to do" and do so within the first 10 seconds of the thought or feeling, we can combat the problem with routine faith and be more aware of how much our active faith matters.

5. Are there things in your life that you are reasonably certain Jesus asked you to do that you have done or not done?
6. What do you think are some things that you are reasonably certain Jesus has asked you to do in the past month or might be asking you to do in the near future?

### What's Next?

Proverbs 21:21 says that actively seeking out "what is right" causes us to experience glorious life as it was intended to be. The 10 Second Rule allows us to actively engage in God's world more often. This week look for things that you are reasonably certain Jesus is asking you to do and respond within 10 seconds. Do so because your faith matters!