

This group is meant to facilitate discussion and meaningful conversations. The information below is derived from this week's basic outline.

Weekly Discussion Theme: **Consistency**

- **Leader shares:** In a world that is constantly changing and evolving, with things that seem to need our immediate attention, when instant gratification feels like a standard, how do we focus on practicing CONSISTENCY in life? It can feel like another chore or responsibility, but with balance and fostering areas of inspiration, consistency can serve as an essential tool. While it may seem overwhelming to be concise and consistent in practice, there are many things in life that can guide us and remind us to align with patterns of consistency in both our personal and spiritual life.

We also need to consider other concepts like grace, forgiveness, and patience to assist in guiding our consistent motives. Consistency doesn't emerge overnight; it involves ups and downs, good days and bad. It requires the choice to step back into whatever you were doing to regain momentum.

- **Group shares:** Does anyone want to share examples or thoughts about consistency in their life?
- **Acknowledge:** THANK YOU for sharing!

**Verse:** Galatians 6:9-10 New King James Version (NKJV): *And let us not grow weary while doing good, for in due season we shall reap if we do not lose heart. Therefore, as we have opportunity, let us do good to all, especially to those who are of the household of faith.*

- **Leader Interpretation:** The concept of consistency in faith is seen as the highest form of dedication and commitment to God. While the pressure to maintain consistency, especially in certain contexts, might resemble perfectionism, it's crucial to view consistency in practice as a means of expressing gratitude and fostering long-term growth. Let's remind ourselves that we have the option to practice consistency in both positive and negative behaviors. Ultimately, the choice is ours to make.

Let us also remind ourselves that Jesus himself exemplifies consistency. He serves as a great example, living in pursuit and dedication to following God's direction and word. Jesus' life was as consistent as the changing seasons, as certain as the sunrise, and as steady as the ebb and flow of the ocean tides.

- **Group shares:** How does this verse resonate with you?
- **Acknowledge:** THANK YOU for sharing!

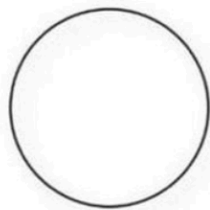
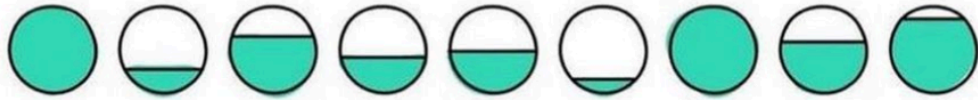
Here are some ways to make consistency a part of your daily life:

## SHOWING UP DAILY

What we think it means:



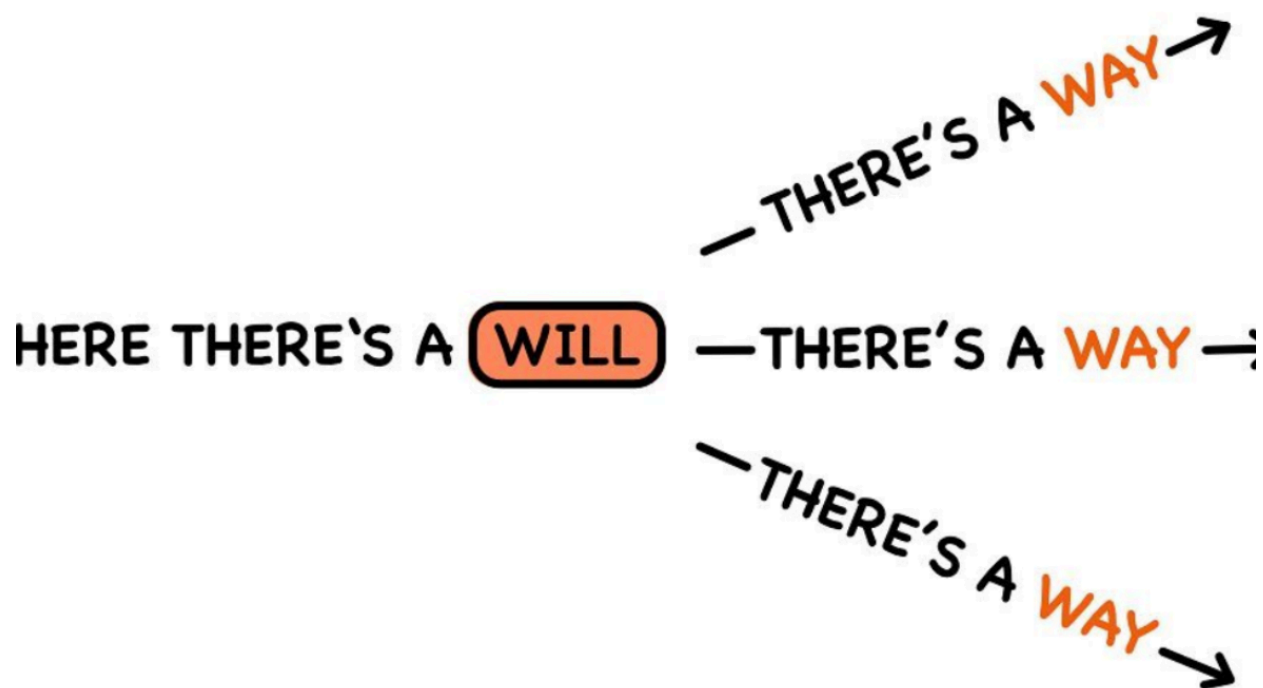
What it actually means:



don't strive  
for perfection



strive for  
authenticity



- Create a schedule or planner starting with annual and quarterly goals or benchmarks. Work up to weekly planning and dedicate one day to outline your week ahead.
- Compartmentalize your goals and write them down by category: relationships, faith, work/school, interests/hobbies.
- Make a list of priorities and record your progress over time.
- Create a prayer log or journal, possible within your planner mentioned above. Keep prayers close to you by writing them down and return to them later to see how God has worked through you on them.

**Group shares:** How do these ideas and visuals resonate with you? Can you think of other ways to cultivate consistency in your life? If so, what are some examples?

**Acknowledge:** THANK YOU for sharing!

- **Leader shares:** An email will be sent shortly containing today's outline, along with a request to share resources discussed today. Additionally, you'll find essential links for joining the group, as well as links to join our Facebook group or follow us on social media to stay connected.

- **Closing:** As we close our group meeting, I encourage everyone to share anything else in your hearts and minds or to ask for prayer requests.
- **Stay connected:** [imperfectpaths.com](http://imperfectpaths.com)

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