

# Milk and Honey

A SPIRITUAL DIET TO SATISFY YOUR SOUL



SERIES COMMUNITY GUIDE

THRIVE LA CHURCH  
JANUARY 2024



# Ways to Engage

## Watch the Sermon

In Person on Sundays at 10am: 2234 W Temple St, Los Angeles, CA 90026  
Online Live on Sundays at 10am: [thrivea.online.church](http://thrivea.online.church)  
Archived: [thrivelachurch.com/media](http://thrivelachurch.com/media)

## Gather Weekly

We have multiple Thrive Groups throughout Los Angeles. We encourage our groups meeting in person to share a meal together.



# Looking Ahead at Thrive

## First Steps

First Sundays of the month are for First Steps! When you invite your friends, the best place for them is coming to First Steps. Here they'll learn about Thrive, make some friends, & ask any questions.

## Monthly Meals

We love to share food together - it's a distinctive part of our Thrive family culture.

## The Next Few Weeks

### January 19 - Theive Social Club Gathering

Join us for a local hangout after work on a Friday Evening. Meet at Triple Beam pizza in Echo Park at 6pm for a slice. Bring a friend!

### January 28 - Thrive Family Meeting

Stick around after church to hear from Thrive's leadership team with some news and notes for 2024.

# Week 1

For our first series of the year we are going to be learning from Moses’ teachings in the Old Testament book of Deuteronomy. As the Israelites prepare to enter the “land of Milk and Honey,” Moses provides them with a sermon on the great commandments to remind them of the fruitful lives made available to them through God’s goodness.

God has saved Israel from enslavement and given them laws because he knows that following his commands will bring them the purest and most enriching lives. The laws are not meant to restrict, but to encourage and fulfill.

## Icebreaker

Do you have anything on your mind you would like to try this year? Or a place you would like to go?

## Bible

Read Deuteronomy 6

## Discussion

- On Sunday we talked about our “pie charts” of what in our lives gets our most thoughts and energy and we gave them percentages. What are some things in your pie chart?
- Have you had any reflections about anything taking up too much or too little of your pie chart?
- How would you describe your relationship with those in power, authority and influence? Are you more of a rules follower or a rules breaker?
- The commands in Deuteronomy come after God has rescued Israel from enslavement in Egypt. The rescue comes before the commands. What does this tell you about the character of God?

## Prayer

What are your prayer requests as we start 2024 in community together?



## Week 2

Moses wants the Israelites to live full, prosperous and generous lives and he gives a teaching on ways to focus their lives on God. He encourages them to set up routines of rest, giving, and prayer and time with God. These routines are to be encouraging, not condemning, and they offer guidance for those looking for it.

What is your relationship to routines? Do you thrive with structure or feel that it pins you in? Is there anything you can't make it through your day or week without? We all have routines of some sort, and this week we have an opportunity to consider what parts of our lives are setting us up to thrive with Jesus, and what are some routines we could adjust.

Please feel free to utilize and fill out the routines sheet on the next page during our time together.

### Icebreaker

What is your breakfast meal of choice?

### Bible

Read Deuteronomy 6

### Discussion

- On Sunday we talked about our "routines." What are some routines you have set up in your life?
- Looking at Deut 6, what routines did Moses encourage the Israelites to adopt? List some out as a group.
- Do any of these routines strike a chord? Any that you would want to implement? Any that seem really hard to do in your current season?
- What is a routine that will lead to closeness with God that you would consider trying to implement this next week?

### Prayer

How can we partner as a community to pray for you this week?

# ROUTINES TO BUILD

SCRIPTURE  
PRAYER  
SABBATH  
COMMUNITY

# WHAT HAS GOD BUILT?

SOCIETAL GOOD  
verse 10: “large, flourishing cities you did not build”

TANGIBLE GOOD  
verse 11: “houses filled with all kinds of good things you did not provide”

ONGOING GOOD  
verse 11: “wells you did not dig”

GOOD TO TEND  
verse 11: “vineyards + olive groves you did not plant”

## Week 3

We're a few weeks into January and you may have a new routine for the new year. How's it going? Are you excited about it? Think you'll keep it up for February?

Routines that have purpose are much easier to keep than ones that don't. It's like you've made a deal or commitment and you can expect an outcome— if I sleep so many hours I know I'll feel energetic in the morning, or if I eat certain foods my body feels better.

Purpose and expected results make routines easier to keep. Tonight we are going to look at what Moses promises to those who keep routines that help these people stay focuses on God.

### Icebreaker

What is your ideal outfit? Would you wear sweats every day? Do you like getting dressed up?

### Bible

Read Deuteronomy 6

### Discussion

- What are some of the purposes behind the routines you have set up in your life?
- What is a result you hope to have when you spend more time with God?
- It's important when we have routines to look back and see if they made a difference. What is a way God has shown up in your life over the past year?
- What is a way you could apply some of Moses' message this week? Let's look at the prayer prompts on the next page together. Pick one of these prompts and sit with it tonight for a few minutes before we pray together as a group.

### Prayer

How can we partner as a community to pray for you this week?



## Practice #1 - Praise

God, thank you that when I needed \_\_\_\_\_, you provided \_\_\_\_\_.! You know me so well and provide generously for my needs.

God, your word says that you are \_\_\_\_\_. You proved that this week by \_\_\_\_\_.

Jesus, your word promises \_\_\_\_\_, I trust you to keep your promises, no matter what happens with \_\_\_\_\_.

God, help me to remember that you are the same one who \_\_\_\_\_ (something God did in the past) and you can be trusted with what's to come.

Jesus, you've met me in the place of my greatest spiritual need. I praise you because your character and heart have proven to be \_\_\_\_\_ time and time again.

## Practice #2 - Confession & Repentance

God, I confess, I've been searching for love in \_\_\_\_\_, but it can't satisfy. Your love is what I need. You are worthy of my love and I want to search after you instead.

Spirit, thank you for pointing out that I've been \_\_\_\_\_ instead of finding what I seek in you. I confess that you are so much better!

God, give me the courage for each step turning away from these false hopes + loves and back to you. When I am seeking \_\_\_\_\_, when I feel \_\_\_\_\_ remind me that you're ready to meet me with \_\_\_\_\_.

Thank you for being there for me, even when I don't know how to ask. Help me to seek you as I walk forward in \_\_\_\_\_ (area of your life where you're seeking his help).

## Practice #3 - Obedient Application

God, when I begin to get anxious or selfish, remind me that I can trust your promises. Thank you that I know your character is \_\_\_\_\_ (what you need in your current situation).

God, help me to trust you enough to take action by \_\_\_\_\_ like you've asked me.

Spirit, help me to demonstrate \_\_\_\_\_ (character attribute) that I see in the example of Jesus.

God, your word commands \_\_\_\_\_, so I commit to doing \_\_\_\_\_ this week, but I need your help because \_\_\_\_\_.