



**THE IMITATION GAME: Pt. 1 - You get to choose whether to follow Jesus or not. But you don't get to choose what following Jesus looks like. He spelled that out for us. The question now: will you do it?**

### **Discussion Questions:**

1. Did something from the message stick out to you yesterday? If so, what was it and why?
2. What do you think is the difference between following Jesus and believing Jesus?
3. When you think about imitating something, what does that mean to you?
4. In the Gospel, Jesus regularly retreats to a "solitary place" to meditate. What experience do you have with a practice like this if any?
5. Do you feel like the last few years (or longer) has made you a more anxious person? Why or why not?
6. If meditating on God could change your brain, will you do it? If you are unsure, what is holding you back?

### **Next Steps:**

- Define what is making you anxious.
- Can you understand, adjust, or remove what is making you anxious?
- When will you schedule a time to meditate on God this week?