

DEEP



WIDE

v GROUP STUDY



VINTAGE PRESS

Deep & Wide: vGroup Study

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DEEP-RULE OF LIFE

“Plan your work, and work your plan.” Perhaps you’ve heard that quote before. It’s not only catchy; it’s true. The point is that both intentionality and execution are necessary for anything to happen. Have you ever undergone a home project? It probably required a plan and then required you to execute that plan. Ever wanted to pay down debt? You had to create a plan of where you would cut, what you would pay off, and when you would save. Then you actually had to carry it out.

Almost nothing ever happens by accident—including our spiritual growth. Enter the Rule of Life. A rule of life is most simply defined as “an intentional, conscious plan to keep God at the center of everything we do.” An intentional, conscious plan. How many of us could say we have an intentional, conscious plan for our spiritual growth? Vintage Church’s focus on a rule of life in quarter 1 of 2021 is simply to challenge us to be intentional with our spiritual growth.

- Think back to a time when you would say you experienced your greatest spiritual growth. What made that period of time so effective for your spiritual growth?

- Have you ever had an intentional, conscious plan for your spiritual growth? What did it entail?

- Do you prefer a structured and decided lifestyle or a more flexible and adaptable lifestyle? How might your preference affect putting in place and executing a plan for spiritual growth?

¹²Not that I have already obtained this or am already perfect, but I press on to make it my own, because Christ Jesus has made me his own. ¹³Brothers, I do not consider that I have made it my own. But one thing I do: forgetting what lies behind and straining forward to what lies ahead, ¹⁴I press on toward the goal for the prize of the upward call of God in Christ Jesus. ¹⁵Let those of us who are mature think this way, and if in anything you think otherwise, God will reveal that also to you. ¹⁶Only let us hold true to what we have attained.

Philippians 3:12-16

- The apostle Paul says he is “forgetting what lies behind.” What is Paul forgetting? (Hint: Look back to Philippians 3:4-6).

- Why must we forget what “lies behind” in order to move forward with and for Christ?
- How do we forget what lies behind?
- At the same time, Paul says that he is “straining forward to what lies ahead?” What is Paul straining forward to?
- Why must we focus on what lies ahead to move forward with and for Christ?
- How do we focus on what lies ahead?

If we're going to forget our past vision and focus on God's future vision for us, we must be intentional. This is why Vintage Church is committed to utilizing a rule of life. The pastors and leaders of Vintage want everyone to think, plan, and act intentionally with their spiritual growth. So, how will we grow deep using a rule of life? The questions below come from Pastor Dustin Turner's challenge. These questions will help us take steps in crafting our rule of life.

- Identify God's vision. Who does God want you to become and how does he want you to use your life?
- Name your priorities. What are the most important things in your life that you need to prioritize above all else?

- Create intentional rhythms. What are the rhythms of your life?

- Live it out. What is the first step you will take to begin to live out your rule of life?

REFERENCES

¹Peter Scazzero, *Emotionally Healthy Spirituality: Unleash a Revolution in Your Life in Christ* (Nashville: Thomas Nelson, 2006), 196.