

Getting Started

Describe a time you found yourself in a rut, maybe at work, maybe at home, some time when you just felt like you were doing the same things over and over, and just going through the motions. How did you feel in that moment?

Did you ever break out of the rut? How?

Maybe it’s the same example, maybe it’s different, but have you ever found yourself simply not enjoying something you’ve always loved. How does that feel? Did you have any success falling in love with it again?

Into the Bible

Look at these verses in Ecclesiastes: 2:24-25, 3:12-13, 5:18-20. What do they tell you about the ordinary ruts of life and how to deal with them?

Read Deuteronomy 6:4-25, a passage about maintaining enthusiasm for the Lord, and answer these questions.

How are we supposed to love the Lord (v. 5)?

What danger does the Lord foresee in our walk of faith (vv. 10-12)?

What does the Lord recommend to pass our enthusiasm on (vv. 20-24)?

Evaluate yourself. How are you doing in the three areas above?

Read these two passages from Isaiah: 29:13 and 58:1-9. Answer these questions.

What do you think it means to “honor the Lord with lips” only?

What was wrong with Israel’s fasts? What did the Lord really want?

Finally, read these two: Deuteronomy 30:6 and Ezekiel 36:26. What do we constantly need and who is responsible for giving it to us?

Digging Deeper

Honestly, how often do you feel like your worship, your Bible reading, your prayers are just “going through the motions”? What can you do about it, to find your enthusiasm again?