**Connect discussion based on the ICC Retreat**

*Ps 1:2-3 “But they delight in the law of the Lord, meditating on it day and night. They are like trees planted along the riverbank, bearing fruit each season. Their leaves never wither, and they prosper in all they do.”*

1. Impregnated with the Word of God

The lifecycle of a plant starts with a seed, the plant flowers then produces fruit. The lifecycle of human being also starts with a seed (impregnation) then comes conception, incubation and then the birth. Spiritually, we go through the same spiritual lifecycle except that the seed we are impregnated with is the seed of God’s word, God’s promises and His plan and purposes for us.

1 Pet 1:23 says “For you have been born again, not of perishable seed, but of imperishable, through the living and enduring word of God.”

For us to carry that seed well and bring it to full term we must recognise that there are four things that change when a person is pregnant:

* Change in appetite
* Change in walk
* Change in body size
* Change in language
1. Opposition to fruition

The Devil wants to distract, disturb, distress and destroy what God has for you.

1 Pet 5:8 “Be alert and of sober mind. Your enemy the devil prowls around like a roaring lion looking for someone to devour.”

In Acts 16, Paul and Silas were going down to the place of prayer at Philippi when they met a slave-girl “having a spirit of divination met us, who was bringing her masters much profit by fortune-telling” (v16). The Greek word for the spirit of divination is “pneuma python” meaning a spirit of python. She kept harassing them until Paul got so exasperated and cast the demon out of her.

We need to stand firm and be aware of the Devil’s schemes.

1. The soul that sings

3 Jn 2 “Dear friend, I pray that you may enjoy good health and that all may go well with you, even as your soul is getting along well.”

In Acts 16, after Paul cast out the demon from the slave girl, her master’s hope of wealth was shattered, so they grabbed Paul and Silas and dragged them before the authorities. A mob quickly formed against Paul and Silas and the city officials ordered them to be stripped and beaten with wooden rods and thrown into the inner dungeon. The Scriptures tell us instead of mourning and weeping, Paul and Silas sang at midnight. God intervened by sending an earthquake, the prison doors were thrown open and the chains of the prisoners fell off.

The question is - do we have a soul that sings?

A quote by Dallas Willard says “Our soul is like a stream of water which gives strength, direction, and harmony to every other area of our life. When that stream is as it should be, we are constantly refreshed and exuberant in all we do, because our soul itself is then profusely rooted in the vastness of God and His Kingdom, including nature, and all else within us is enlivened and directed by that stream.”

A soul that sings:

* Takes responsibility
* Eats well
* Lives from rest

Discussion questions:

* What was the main takeaway point for you from the camp?
* Reflect on the last week. Have you been distracted, disturbed or distressed in any way?

Using the paragraphs under point 3 – pray for each other to have a soul that sings