ORDINARY

PRACTICAL HABITS OF A HEART FULLY ALIVE



GROUP WORKBOOK

BURY YOUR ORDINARY

GROUP WORKBOOK



WELCOME TO BURY YOUR ORDINARY

What does it mean to be a disciple of Jesus? Matthew 28 records the final words of Jesus, "Go, and make disciples of all nations" (Matthew 28:19). Most followers of Christ are quick to say "amen" to this command, but few actually have a plan to grow as a disciple or make other disciples. What is discipleship *really*?

Simply stated, discipleship is the process of becoming more like Jesus. It is the journey of Christian maturity through this life and into the next. More specifically, discipleship is not a list of dos and don'ts. It isn't a set of goals to accomplish. In the end, spiritual growth can be boiled down to *growing in love*. The more you grow in love, the more spiritually mature you become.

But how does a Christian intentionally grow in love? You can't just decide to be more loving and magically change. Early church leader Augustine gives us some insight into this question when he speaks of *disordered* loves. The problem within the heart of every believer is not that we don't love God. We *do* love God. We just have not ordered our loves in proportion with God's values. In other words, we love our comforts too much and our prayer too little; we love our plans too much and God's purpose in our lives too little. As a result, our loves are disordered.

The most effective way to reorder the love in your heart is by introducing new *habits*. Habits have the power to bend your heart in a certain direction over time. The right habits practiced regularly will expand your love for God and result in greater maturity.

In *Bury Your Ordinary*, seven discipleship habits are introduced and explained with this intention in mind. When practiced consistently, these habits will bend your heart toward a deeper love for God and stretch your spiritual maturity. The habits themselves are not new. The power of this discipleship process is not in its originality, but rather in its intentionality. John D. Rockefeller once said, "The secret

to success is to do the common things uncommonly well." That is the power of *Bury Your Ordinary*.

The first three habits are "Centering Habits." They teach you to remove yourself from the center of your life and put Jesus there. The next two habits are "Guard Rail Habits." These will keep you from driving your life off the tracks. Finally, habits six and seven are "Long Haul Habits" that empower you to stay the course year after year.

HOW TO USE THIS GROUP WORKBOOK

- **1. Read along in** *Bury Your Ordinary (BYO)***.** Before each group meeting, read the listed chapter(s) or section of the book. Your group experience will be far more impactful if you've taken the time to read and process the material before you gather.
- **2. Prepare for the discussion.** Provided in this workbook are discussion questions for each meeting, as well as space to jot down your responses. Take time before your gathering to write down your thoughts.
- **3. Watch the video to start your group.** Follow the link provided and watch the *Bury Your Ordinary* video as a group before your discussion.
- **4. Talk through the questions.** Once you have watched the video, discuss the questions.
- **5. Follow through on application and further study.** Every meeting will have a section for application and further study. Your growth will largely depend on the work you put in before and after your group meets. Leave your meeting and dive in deeper!

1 2

TIPS FOR GROUP LEADERS

Thank you for leading a *Bury Your Ordinary* group! Here are a few simple tips to prepare for your gathering:

- **Pray!** Before your first meeting, pray that God would use this group to make a big impact.
- Confirm all details for the group. Make sure people know where to go and when the meeting starts, and provide a contact number in case they get lost.
- Make the space hospitable. Set up a space to meet. Provide light refreshments. Make your space as welcoming as possible. Consider using name tags, especially for the first meeting. Once people arrive, take a few minutes to get to know each other.
- **Don't be too formal.** Treat the group more like family and less like a business.
- Use the materials provided. Make sure everyone has a Bury Your Ordinary book and a Bury Your Ordinary Group Workbook. Decide on a way to play the intro videos in your group, and test the device ahead of time.
- **Figure out a plan for the kids.** Maybe they are old enough to participate, or maybe the group hires a babysitter. Make a plan ahead of time.
- Encourage everyone to participate. If someone in the group doesn't want to share, that's okay, but try to give an opportunity for everyone to be involved.

GROUP MEETING 1

READING

Bury Your Ordinary chapters 1 and 2

"Do you not know that in a race all the runners run, but only one gets the prize? Run in such a way as to get the prize."

1 Corinthians 9:24

KEY THOUGHTS

True greatness does not begin with accomplishment; it begins with relationship.

People usually change their behavior only after the story of what they believe has been rewritten.

BYO INTRO VIDEO

www.buryyourordinary.com/groupmeeting1

DISCUSSION QUESTIONS

1. Take a few minutes to make sure everyone is acquainted in your group. Then, go around, share your name and one thing you love to do.

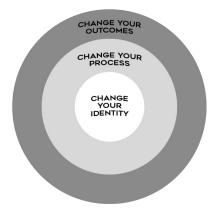
2. On pages 19–21 of *Bury Your Ordinary*, Justin gives a few examples of Christians who have slipped into a mundane spirituality. Do you see any of those patterns in your life? Can you think of a time when you were more focused or alive spiritually? What was that like?

3. On a scale of 1–10, how would you describe your relationship with God? (One being nonexistent and ten being vibrant and alive every moment.) Why did you choose that number?

4. On page 32, Justin talks about the statue of Atlas near his childhood home. Atlas was straining under the pressure of holding up the world. Where have you felt like Atlas in your life? Do you see yourself as someone pleasing to God? Why, or why not?

5. In the book *Atomic Habits*, James Clear writes about the three layers of personal change (see diagram on next page). Lasting change happens when there is a profound change of identity. How has the gospel changed your identity? How do you see yourself differently because of Jesus?

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6. Close your meeting with a time of prayer. Share one prayer request with the group, and end your meeting by praying for each other.

APPLICATION

In a journal, write down the **four truths** outlined on pages 48–49. Then take time to write out how each truth applies to you personally. What does each truth mean to you? What will you do differently in light of each truth?

FURTHER STUDY

Justin Kendrick sermon: "Back to Eden," www.youtube.com/watch?v=Mb_P4rz0qJ0

Justin Kendrick sermon: "That's My Name," www.youtube.com/watch?v=Y-oSvrWRZrs

Tim Keller book: The Freedom of Self-Forgetfulness

GROUP MEETING 2

READING

Bury Your Ordinary chapter 3

"And rising very early in the morning, while it was still dark, he departed and went out to a desolate place, and there he prayed."

Mark 1:35

KEY THOUGHT

Those who find God find time.

HABIT 1

Spend the first hour of your morning alone with God.

BYO INTRO VIDEO

www.buryyourordinary.com/groupmeeting2

DISCUSSION QUESTIONS

1. On pages 55–58, Justin unpacks the idea of *hurry sickness*. Where do you see this tendency in your life?

2. For many Christians, spending time alone with God every day is not a new idea. Explain your typical routine. What helps you connect with God?

3. Habit 1 is to spend the first hour of your morning alone with God. What would you need to change in your routine to practice this habit? What is most intimidating to you about setting aside one hour every morning to meet with God?

4. On pages 72–74, Justin outlines three ways to **SOW** the Bible in your heart: *systematic reading, one-topic study,* and *waiting and repeating.* What stood out to you in this section? Have you tried these three approaches? What seems to work best for you? What haven't you tried?

5. On pages 74–76, Justin outlines three ways to **DIG** deep in prayer: *demonstrate your love, intercession and requests*, and *godly confessions*. Share one way you want to grow in prayer. What will you add to your prayer routine?

6. God meets us at our level of *expectation*. What can you do this week to increase your expectation to hear from God and experience God?

APPLICATION

On pages 73–74, Justin introduces the idea of creating a schedule for your daily time with God. Take the **SOW** and **DIG** models and write out a three-month plan for your time with God. Decide which books in the Bible you will read and which topics you will use for your one-topic study. Use the prayer funnel on page 75 to guide your prayer plan. Bring your three-month schedule to your next group meeting.

FURTHER STUDY

Justin Kendrick sermon: "Firsthand Knowledge," www.youtube.com/watch?v=xCg_lpVcS48

Justin Kendrick sermon: "Set the Temperature," podcasts.apple.com/us/podcast/vox-church-lead-pastor-justin-kendrick/id416154894?i=1000362671655

J. I. Packer book: *Knowing God*

GROUP MEETING 3

READING

Bury Your Ordinary chapter 4

"Walk in wisdom toward outsiders, making the best use of the time. Let your speech always be gracious, seasoned with salt, so that you may know how you ought to answer each person."

Colossians 4:5-6

KEY THOUGHT

If you really believe what the Bible says about eternity, you can't keep God's grace to yourself.

HABIT 2

Share your faith every week.

BYO INTRO VIDEO

www.buryyourordinary.com/groupmeeting3

DISCUSSION QUESTIONS

1. Begin your meeting by sharing the schedule you created for your daily time with God. What has worked for you? What has stretched you?

2. Talking to others about Jesus can sometimes feel intimidating. Do you share God with the people in your life? If so, how have they responded? If not, why do you think you're hesitant?

3. On pages 83–86, Justin deals directly with the challenging topic of hell. What stood out to you in this section? How does the reality of eternity impact your life?

4. Page 87 outlines three ineffective ways (as the Sergeant, the Salesman, or the Sage) to talk about Jesus. How have you experienced ineffective evangelism?

5. Colossians 4:2–6 gives some helpful advice about sharing your faith (see also pages 89–94 in *BYO*). What challenged you in this section? What will you do differently in light of this advice?

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6. Share the names of four people in your life who are far from God. Who would be the most difficult person on your list to invite to church or talk to about Jesus? Why? What step forward can you take?

7. End your group time praying by name for the four people you mentioned. Ask God for boldness, compassion, and an opportunity to share about Jesus.

APPLICATION

Write out the names of the four people you mentioned who are far from God. Add them to your daily prayer routine. Before your next group meeting, extend an invitation to one of them to attend church with you, or broach the topic of God with one of them in conversation.

FURTHER STUDY

Justin Kendrick sermon: "Live Beyond Your Life," www.youtube.com/watch?v=VAQaHKCWQFE

Justin Kendrick sermon: "You Can Do This," www.youtube.com/watch?v=OttdZIxVJ90

Gospel Coalition article: "Six Principles for Sharing Your Testimony," www.thegospelcoalition.org/article/sharing-your-testimony/

2. Habit 3 teaches us to obey the daily promptings of the Holy Spirit. Hearing from God can sometimes feel overwhelming and unclear. On pages 106–109, Justin writes about some of the mistakes people make when hearing from God. Explain your experience. What have you learned? What has been difficult?

GROUP MEETING 4

READING

Bury Your Ordinary chapter 5

"The Lord said to him in a vision, 'Ananias.' And he said, 'Here I am, Lord.'"

Acts 9:10

KEY THOUGHT

God wants to speak to you and guide you through life.

HABIT 3

Obey the daily promptings of the Holy Spirit.

BYO INTRO VIDEO

www.buryyourordinary.com/groupmeeting4

DISCUSSION QUESTIONS

1. Begin your meeting today by reflecting on the application from the previous meeting. Did you step out and talk to someone about Jesus? What happened?

3. On pages 111–112, Justin describes four tests to discern God's will. What was most helpful to you about these four tests? Can you think of a time when God's will was unclear to you? What did you do? What would you do differently now?

4. In Acts 9, we learn the story of Ananias (see also pages 113–118 in *BYO*). What stood out to you about his story? What challenged you?

5. To follow the daily prompting of the Holy Spirit, we must develop an **EAR** to hear God. This means we must *expect* God to speak, *ask* God to speak, and *revere* God in our hearts. What could you do to strengthen your spiritual hearing?

6. Break up into groups of two (men with men and women with women). Pray for one another, asking the Holy Spirit to prompt your heart with a scripture to encourage the person you're praying with. Take time to listen for God's inner prompting. If you sense God impressing a specific scripture on your heart, share it with the other person.

APPLICATION

Develop your **EAR** to hear God by asking him every morning to speak to you throughout the day. Record any impressions you might have in a journal this week. Share your experience with a friend or someone from your group.

FURTHER STUDY

Justin Kendrick sermon: "Just Breathe," podcasts.apple.com/us/podcast/vox-church-lead-pastor-justin-kendrick/id416154894?i=1000357278870

Justin Kendrick sermon: "Check Your Connection," podcasts.apple.com/us/podcast/vox-church-lead-pastor-justin-kendrick/id416154894?i=1000368830425

Dr. Tony Evans sermon: "The Holy Spirit: The Enablement of Spiritual Growth"

GROUP MEETING 5

READING

Bury Your Ordinary chapter 6

"The body is not meant for sexual immorality, but for the Lord, and the Lord for the body."

1 Corinthians 6:13

KEY THOUGHT

God's boundaries are not intended to limit your life. They are designed to give you an abundant life.

HABIT 4

Live within the accountability of biblical sexual boundaries.

BYO INTRO VIDEO

www.buryyourordinary.com/groupmeeting5

DISCUSSION QUESTIONS

For this week's discussion, divide your group into two—men with the men and women with the women. This week's discussion will take your group to the next level and will require a deeper level of honesty, humility, and transparency.

1. Chapter 6 of *Bury Your Ordinary* begins with the topic of intimacy. In our culture, intimacy is almost always linked to sex, but the deepest intimacy in life is not sexual. Instead, it comes from a deep connection to God. As you reflect on your life, what lies have you believed about sex? In what areas has the narrative of our culture influenced your view of sex?

2. On pages 128–131, Justin describes some of the dangers we face when we don't understand God's design for sexuality. Pornography and other sexual activity outside of marriage create a deep invisible bond. In the end, sexual experiences outside of God's design lead to greater emptiness rather than greater fulfillment. Honestly share your experience with sexual sin. Where have you struggled? Where have you found victory?

3. Proverbs 7 gives us a vivid picture of how sexual temptation works (see also pages 133–136 in *BYO*). What can you identify with in this story?

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4. On pages 137–139, Justin outlines four important boundaries that enable a follower of Jesus to live in sexual purity. As you reflect on these boundaries, what do you need to do differently in your pursuit of sexual purity? How is God challenging you to grow in this area?

5. On pages 141–143, Justin explains how the Old Testament story of Gomer is a powerful picture of redemption. Sometimes when we are trapped in sin, we feel hopeless. In what ways can you relate to Gomer's story? What is your next step to living within the accountability of biblical sexual boundaries?

APPLICATION

Take the four boundaries outlined on pages 137–139 and create action steps for yourself. How can you acknowledge your daily need for God in the area of sexual purity (boundary 1)? Who can you invite into your struggle for consistent accountability (boundary 2)? Write out a future picture of your life, and review it whenever you feel tempted to compromise (boundary 3). Study the truths found in Romans 6, and allow these truths to reshape how you see yourself (boundary 4).

FURTHER STUDY

Justin Kendrick sermon: "Your Greatest Were," www.youtube.com/watch?v=6_sds6u5QZ8

Justin Kendrick sermon: "Overflow," www.youtube.com/watch?v=BFfLl-JLKXg

Desiring God survey: "Sexual Purity," www.desiringgod.org/topics/sexual-purity#

2. Justin compares the story of the rich young ruler (Mark 10) and the story of Eustace in the *Chronicles of Narnia* (see also pages 152–155 in *BYO*). He writes that Christianity is a radical change of heart caused by a profound revelation that God loves you. How has the love of God changed the way you think about money?

3. Because God is generous and Christians are in the process of being formed in his image, generosity is directly linked to spiritual growth. The first challenge is to make generosity a *priority* in your life. This means that you set aside money to give before doing anything else! (See pages 157–159 in *BYO*.) How does the idea of *priority giving* challenge you? Have you practiced priority giving? What has been the result?

4. The principle of tithing is found throughout Scripture. And *Bury Your Ordinary* pages 159–162 discuss the topic of percentage giving. What stood out to you in this section?

GROUP MEETING 6

READING

Bury Your Ordinary chapter 7

"I am not commanding you, but I want to test the sincerity of your love by comparing it with the earnestness of others."

2 Corinthians 8:8

KEY THOUGHT

A heart that has been changed by the gospel will overflow with generosity.

HABIT 5

Structure your life around priority, percentage, and progressive giving.

BYO INTRO VIDEO

www.buryyourordinary.com/groupmeeting6

DISCUSSION QUESTIONS

1. On pages 148–151, Justin defines *concept of life*: the story or inner picture in your mind that forms your perspective on the things you value. For example, some people think that life is a race. Others see life as a party. Scripture teaches that life is a *stewardship*. Have you viewed your life as a stewardship? Do you live as though everything you have belongs to God? How does this concept of life challenge you?

19 20

5. The book of Proverbs teaches that the world of the generous grows larger and larger, while the world of the stingy gets smaller and smaller (Proverbs 11:24–25 MSG). Have you found this to be true in your life? What holds you back from a life of greater generosity?

6. As you reflect on the content of *Bury Your Ordinary* chapter 7, where do you sense God challenging you? What is your next step in the pursuit of generosity?

APPLICATION

Do a thorough review of your finances and determine the percentage of your gross income that you give away to the work of God every month. Then outline your next step in priority, percentage, or progressive giving. How much would you have to give to detach your heart from trusting in things and attach your heart fully to God? Create a new budget based on your next step and begin using it this month.

FURTHER STUDY

Justin Kendrick sermon: "Generosity," www.youtube.com/watch?v=uOsC9B_x5qc

Justin Kendrick sermon: "The Sacrificial Church," www.youtube.com/watch?v=z1UIfm7aWlQ

Andy Stanley book: Fields of Gold

GROUP MEETING 7

READING

Bury Your Ordinary chapter 8

"So then, there remains a Sabbath rest for the people of God, for whoever has entered God's rest has also rested from his works as God did from his."

Hebrews 4:9-10

KEY THOUGHT

The practice of Sabbath teaches your heart to live by grace and roots your identity in Jesus.

HABIT 6

Practice living by grace through a weekly Sabbath routine.

BYO INTRO VIDEO

www.buryyourordinary.com/groupmeeting7

DISCUSSION QUESTIONS

1. On pages 169–172, Justin shares the story of his Dunkin' Meltdown. Have you ever experienced a time when life overwhelmed you? What happened?

2. Our culture teaches us that *you exist to produce*. On pages 173–174, Justin calls this **The Scoreboard**. We often learn the lie early in life that *your value is connected to your performance*. Many times, we bring this way of thinking into our relationship with God. Where has your life been controlled or influenced by The Scoreboard?

3. On page 181, Justin reflects on Matthew 11:28–30 and the imagery of a *yoke*. As you reflect on that passage of Scripture, what do you think Jesus is saying to you?

4. Do you practice a weekly Sabbath routine? What does that look like in your life? How did chapter 8 in *Bury Your Ordinary* sharpen or challenge your routine?

5. On pages 184–186, Justin outlines three critical practices that should be included in your weekly Sabbath routine: *pause*, *pray*, and *play*. How do you currently include these practices? What could you add to your Sabbath to become more intentional in these practices?

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6. What holds you back from making the Sabbath a priority in your life? What will you change considering your study of the Sabbath?

APPLICATION

Look at the next three weeks of your schedule and mark out a twenty-four-hour period to pause, pray, and play each week. Do your best to avoid grocery shopping, laundry, and other "day-off" activities on this day. Instead, do something to intentionally make this time feel special and set apart for God. At the end of each week, write down in a journal the impact of your Sabbath.

FURTHER STUDY

Justin Kendrick sermon: "Finding the Rest," www.youtube.com/watch?v=x4ZpSwyeMYA

Justin Kendrick sermon: "The Rules of Time," www.youtube.com/watch?v=49UgKAeyvRk

Transforming Center article: "Interview with Ruth Haley Barton regarding Spiritual Rhythms," https://transformingcenter.org/2011/07/interview-with-ruth-haley-barton-on-sacred-rhythms/

Peter Scazzero book: The Emotionally Healthy Leader

2. Chapter 9 deals with the **habit of replication**: building an intentional circle of discipleship. On pages 190–192, Justin emphasizes the importance of a real-life model in spiritual growth. He tells the story of how his son couldn't draw an accurate sketch of a dog without looking at a picture. Who in your life has given you a picture of Christian maturity? How has this example impacted you?

3. Spiritual growth requires that you open your life to other Christians. On pages 194–195, Justin shares about the time he met Shawn and saw *intentional community* lived out in practical ways. What challenged you about this story? What could you do to give more access to godly community in your life?

4. As the *Bury Your Ordinary* curriculum ends, what's next for your small group? Have you considered starting a CORE Group to more deeply apply the seven discipleship habits outlined in *Bury Your Ordinary*? (For more information, visit www.voxchurch.org/core.)

GROUP MEETING 8

READING

Bury Your Ordinary chapter 9-conclusion

"So, being affectionately desirous of you, we were ready to share with you not only the gospel of God but also our own selves, because you had become very dear to us."

1 Thessalonians 2:8

KEY THOUGHT

Spiritual growth is a hands-on, life-on-life, flesh-and-blood, learn-by-association endeavor. To really grow in Christ, you must open your life to others.

HABIT 7

Build an intentional circle of discipleship.

BYO INTRO VIDEO

www.buryyourordinary.com/groupmeeting8

DISCUSSION QUESTIONS

1. This is the final meeting of our *Bury Your Ordinary* small group. As you reflect on the last seven meetings together, what has been most impactful for you? How have you grown or been stretched?

25 26

5. Have you ever intentionally discipled anyone? Have you ever deeply invested in the spiritual growth of another? On pages 202–206, Justin outlines the anatomy of a disciple-maker. What was most challenging to you about that list of characteristics?

6. On pages 209–210, the themes discussed in *Bury Your Ordinary* come full circle. In the end, all of these habits are intended to stretch your heart and grow your love for God. Growth in *agape*, or sacrificial love, is the essence of spiritual maturity. How have the truths in this book and small group study grown your love?

APPLICATION

Fill out the **Assessment Tool for Spiritual Growth** on pages 213–219. Identify the three to five questions where you scored the lowest. Share the results with a friend from your group and create a plan to grow in those specific areas. Set a reminder to fill out this assessment once a month for the next six months. Track your progress as you intentionally move forward in your spiritual growth.

FURTHER STUDY

Justin Kendrick sermon: "Go This Way," www.youtube.com/watch?v=kgwTFFOlflQ

Justin Kendrick sermon: "Make Disciples," www.youtube.com/watch?v=NBlmPpftaI4

Rock Church, Miles McPherson sermon series: "The Disciple," www.sdrock.com/messages/disciple/

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