









## **DEEPER WALK**

*Select at least one activity below to complete before watching the next session.*

**Read:** Read 2 Samuel 11–12, perhaps from The Message translation. What distracted David? How did God get David's attention? Can you relate? What is God showing you from this narrative?

**Write:** Make a list of all the things you have to focus on to make your life work (like laundry, fetching kids from school, writing a report for work, making appointments with clients, spending time with your friends or spouse, and so on). Even while fully engaged in each of these activities or obligations, how could you make Jesus the deeper, truer focus of your attention?

**Pray:** For the next week or month, choose a time a day that will work best for you to maintain five or ten minutes of absolute silence. Try to spend that time focusing just on Jesus. Don't worry if your mind wanders. Keep practising. Focus on His character traits, miracles He performed, His death and resurrection, or what it might be like when you see Him face to face one day.