

# THE ADDICT

01 OCTOBER 2023

---



**They devoted themselves to the apostles' teaching and to fellowship, to the breaking of bread and to prayer.**

— Acts 2:42 (NIV)



**EVERY NATION**  
SINGAPORE

## HOOK

 Start the conversation by saying...

The WHO first recognised caffeine as an addiction in 2012.

## ENGAGE

 Go deeper with this...

What is one hobby, experience, or ritual you would say you “can’t live without”? (e.g., morning coffee, exercise)

## LINK

 Connect to God’s truth by sharing...

- The early church in Acts devoted themselves daily to certain essentials that we need to thrive in Christ:
- **Praying**—talking and connecting to God as if our life depended on it.
- **Meditating**—transforming our mind to obey God in our circumstances.
- **Proclaiming**—the Gospel of Jesus to ourselves and to those around us with the kind of life we live.
- **Fellowshipping**—with other believers to grow stronger and thrive as a community that follows Jesus.
- These four are just as essential then in those times as they are for us now.

## PAUSE

 Pick a question and pray together...

### **Discuss Together**

- What are some ways you can make praying, meditating, proclaiming Jesus, and fellowshiping part of your routine?

### **Pray Together** (*pick one*)

- Pray for the same devotion as the early church had to live out the essentials we need to thrive in Christ.
- Pray for God's grace to pray, meditate, proclaim, and fellowship every day until it is like breathing to you.

# THE ADDICT

01 OCTOBER 2023

---



**Rejoice always,  
pray continually . . .**

— 1 Thessalonians 5:16–17 (NIV)