

# CATALYST

## 4 Elements That Activate Positive Life Change



Hebrews 10:22-25

*"let us draw near to God with a sincere heart and with the full assurance that faith brings, having our hearts sprinkled to cleanse us from a guilty conscience and having our bodies washed with pure water. Let us hold unswervingly to the hope we profess, for he who promised is faithful. And let us consider how we may spur one another on toward love and good deeds, not giving up meeting together, as some are in the habit of doing, but encouraging one another—and all the more as you see the Day approaching."*

### DISCUSSION QUESTIONS

1. In chemistry, a "catalyst" is a substance that causes an accelerated chemical reaction that leads to transformation. In our spiritual lives, a catalyst is an activity or practice that leads to spiritual growth and personal transformation. What types of activities personally help make you spiritually strong?
2. This week, Pastor Mark focuses on the catalyst of corporate worship. What are your earliest memories of participating in corporate worship?
3. A growing number of Americans believe that participation in weekly corporate worship at a church is not worth their time. Why do you think that is the case? What would you say to someone who asks you why you bother participating in weekly worship?
4. Read Hebrews 10:25. Why do you think the author tells early Christians that they should not neglect their weekly gatherings for worship?
5. Pastor Mark suggests that worship serves as a catalyst for our lives when we gather as participants rather than spectators. What do you think is the difference between engaging in corporate worship versus sitting through a church service?
6. Worship also serves as a catalyst when we gather as servants rather than consumers. Why do you think it is important to see worship as a sacrifice of love which costs us something?
7. Pastor Mark suggests that the most important question after we finish with a worship service is not "was I pleased with the music and the preaching?" but rather, "was God pleased with my worship?" Why is that an important question to ask?
8. Worship serves as a catalyst when we see ourselves as a connected community rather than simply seeing ourselves as individuals. Why do you think there has been a steep decline in feelings of connection and community in the lives of many Americans today?
9. How does corporate worship help us see ourselves as part of something bigger than ourselves?
10. What would you say to someone who declares: "I don't need Church in order to be a Christian?"