

# into the woods

## Part 3: Beholding and Becoming

### Introduction

Entering into the woods is not about escaping life, but re-entering life differently.

### Discussion Questions

1. Keystone habits are those small, consistent habits that have a ripple effect, changing other areas of our lives. What keystone habits—like making your bed, budgeting, or exercise—do you have that make your life better?
2. Samer explained that regular solitude or quiet time with God is a keystone habit. Over the past week, did you use any of the three practices he suggested to get “into the woods” with God: silence and solitude, meditating on Scripture, or prayer? If yes, how did it impact your relationships, your well-being, or your response to life’s challenges?
3. Read 2 Corinthians 3:18. How does contemplating, beholding, and reflecting on God change us?
4. Proximity leads to resemblance. Can you think of a time, past or present, when you became more like the people you spent time with (i.e., dressed like, talked like, listened to the same music)?
5. Read 1 Corinthians 13:4–7. God IS love. How does being shaped by “love” change our pace, posture, and awareness?
6. How do you think God might change you and use you if you consistently set aside time to be with him?

### Changing Your Mind

*And we all, who with unveiled faces contemplate the Lord’s glory, are being transformed into his image with ever-increasing glory, which comes from the Lord, who is the Spirit.*

**2 Corinthians 3:18**