



DIGGING DEEPER

What's On Repeat

November 30th, 2025

Lean In

- What's a song that instantly transports you back to a certain place or moment in life? Why do you think it stuck with you?
- What's one song (worship or not) that's been "on repeat" for you lately—and what do you think it's doing in you?

Look Up

Read together: Deuteronomy 6:4-9

Observation — What does the text say?

- What repeated words or ideas do you notice?
- What instructions are given, and how often are they repeated?
- What images or actions stick out to you (tie... bind... write... talk... impress)?
- What questions come to mind as you read this?

Interpretation — What does the text mean?

- What do these repeated practices tell us about God's heart for His people?
- What does this passage teach us about how people learn and are formed?
- Why do you think God ties remembering Him to repetition, rhythm, and everyday life?
- Why does Moses emphasize that truth must be both heard and lived?

Application — How should I respond?

- Which part of this passage encourages you most?

- Which part challenges or convicts you?
- What truth about God do you personally need to keep “on repeat” in this season?
- What would it practically look like to build more Scripture into the rhythms of your day?

Additional Scriptures

- Colossians 3:16
- Philippians 4:8–9
- Romans 10:17
- Proverbs 4:23
- Psalm 40:3
- Psalm 119:105

Prayer

Guide your group through this prayer flow:

- Thank God for the truth He has already planted in your hearts.
- Confess the false narratives, lyrics, or internal soundtracks that have been shaping you.
- Ask God to put a “new song” in your mouth—new truth, new hope, new courage.

Close by praying:

“Lord, let the message of Christ dwell richly in us. Tune our hearts to Your truth. Replace any lies we’ve rehearsed with the melody of Your gospel. Help us build a playlist that forms us into Your likeness. Amen.”

PRACTICE: STEP OUT

1. Build a Truth Playlist

Create a curated worship playlist as a group (Apple Music, Spotify, YouTube).

Pick 3–5 hymns or Scripture-based songs that you will all listen to daily this week.

2. Choose One Scripture to Put “On Repeat”

As a group, choose one verse to repeat each day—morning and night—just like the Shema. Suggested: Psalm 119:105, Philippians 4:8, or Colossians 3:16.

3. Noise Audit

Encourage each person to do a 24-hour “playlist audit”:

- What did you listen to?
- What messages were in it?
- How did it shape your thoughts and emotions?

Discuss what you learn next week