



The 5% Life: God Time

January 28-29, 2023

Philippians 4:4-9; Psalm 63:1-8

Preparatory Prayer: *Jesus, how are You speaking to me through the Scriptures, through my circumstances, or my community? How are You inviting me to follow You today in the learning laboratory of my life? How might I respond to that invitation to grow and learn, and to become more like You?*

Opener: Describe the object, person, or activity you were most devoted to as a teenager. How has your "obsession" or "first love" changed since then?

Go Deeper:

1. Why is David in the desert (see 2 Samuel 15:13-14, 23-25)? What dangers wait there (vv. 1, 6-7, 10)?
2. What memories keep David going (vv. 2-5)? What is "better than life"? How can David devote himself to the love of God at a time and place like this?
3. What "desert" have you been through recently? What did you long for the most? Did you find it?
4. Which verse of this psalm best fits your relationship with God? How might you deepen your "first love" with God?
5. St. John Chrysostom advised reading this psalm daily. Try it for the next week and share any impact the next time you meet.

Go Deeper:

6. How do you handle your stresses or worries?
7. Would you describe your walk of faith as growing in spiritual maturity? If so, how do you cultivate that? If not, what immediate steps can you take to get headed in a faith-growing direction?
8. In Psalm 63, we hear about having a passion for God and His Word. How do we develop that passion?
9. This may help in answering number 10. Read Hebrews 5:11-14. Go deeper and deeper into God's Word. Go to God in prayer.
10. God's love is better than life (Psalm 63:3). What does that mean to you? Think about God's love and what happens to the things you think about in this world?
11. Philippians 4:4-11 reading reminds us to think about many "good" things. When we do, what happens to our feelings? Then, what happens to our actions, our behavior?



GOD TIME:

Daily Bible Readings:

Sunday: Proverbs 4:20-23

Monday: 1 Corinthians 3:1-4; 18-23

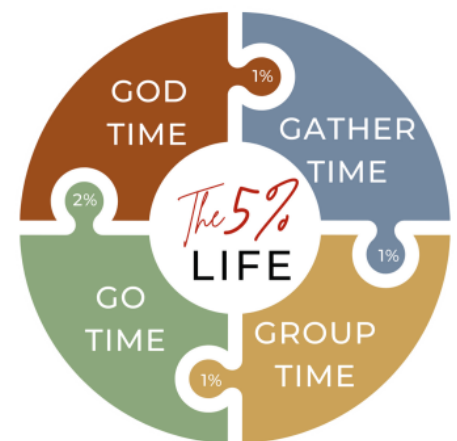
Tuesday: Ephesians 4:14-16

Wednesday: Psalm 42

Thursday: Hebrews 5:11-14

Friday: Psalm 36:8-9; Psalm 42 (try the paraphrase *The Message*)

Saturday: Psalm 84:2; Psalm 27:4-14; Psalm 69:16; Psalm 28:2



Preparatory Prayer adapted from Lectio365; some questions adapted from *Serendipity Bible for Groups*.