GROW DAILY

Life Group Leaders Guide

Directions

This packet contains the background information, series information, and weekly curriculum you will need to lead a life group during our *Grow Daily* series. Everything on this page is to help you stay connected to the series as a whole. Behind this page is the individual curriculum to help you point people to Jesus. The *Purpose* and *Move* sections of the curriculum are for the leader to read or paraphrase to the group. The *Notes and Commentary* section is for the leader to get background information and go deeper into the passages before leading the life group. The curriculum was designed with your freedom in mind. Read through the curriculum and decide what will work best for your group. SOAP the passages with the group, use only certain questions, write your own questions, or use the curriculum verbatim. As the leader, you know what will point your people to Jesus.

Series Overview

The New Year is a great time to start new habits that lead to a healthier life. For most people, these changes during the New Year fall in the health or financial realm but what would it look like to spend the beginning of 2018 focusing on our relationship with God? That is what we want for our people of The Point...to spend the beginning of 2018 focusing on one of our values, Grow Daily. This series, titled *Grow Daily,* will zoom in on 3 daily practices that will help people become more like Jesus. This series was designed to go hand-in-hand with a churchwide SOAP schedule and Core Group launch so that people will not just hear about these practices on Sunday or talk about them at Life Group, but instead, begin applying them to their daily life.

Life Group Overview

During the *Grow Daily* series our life group curriculum will cover the same topic that was covered from stage but using a different passage or set of passages. Each curriculum will begin with an unpacking of the previous Sunday’s service to help the leader open up the topic for the study and also see how people responded to the Sunday teaching. To coincide with our SOAPing schedule, we decided to use a passage from Psalms for each of the life group studies.

*Grow Daily* Series Schedule

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| **Week** | **Sermon Date** | **Topic of sermon** | **Topic of life group** |
| Week 1 | 1/7 | Grow Daily - Scripture | Psalm 119:9-24 & 97-105 |
| Week 2 | 1/14 | Grow Daily - Confession | Psalm 51 |
| Week 3 | 1/21 | Grow Daily - BLESS Prayer | Psalm 67 |

The Point Church Life Group Curriculum  
***Growing Daily* - Week 1 - Psalm 119**

Purpose of Study

In this study we are going to begin looking into habits of the Christian that will allow them to grow in their relationship with God. This week we will look into the practice of reading scripture. Scripture reading, especially for someone who doesn’t do it often, can be a confusing and intimidating task. While that is true, it is also life giving and life guiding. The goal of this study is that all people at The Point will begin seeing the value of scripture and start 2018 by making reading scripture a part of their daily routine.

Flow of Study

**Optional Icebreaker:** What is your favorite book and why?

**Move #1:** Since the sermon series and life groups are covering the same topics, it might be a good idea (both for content and time) to begin the discussion with some unpacking questions from this Sunday’s sermon.

1. Did anything stand out to you from the sermon this weekend?
2. From stage this week there was a challenge to begin a SOAPing challenge. Are you taking that challenge? How has it been going so far? What are ways we could continue to hold each other accountable?
3. The passage we covered this Sunday used the analogy for what a person who reads scripture is like, a healthy tree planted by a stream. Why is this an interesting analogy to use for someone who reads scripture?
   1. **Possible answers:** A healthy tree is a great analogy for someone who reads scripture daily. Trees grow slowly but steadily. They can survive all seasons. They start small and can grow to be gigantic. They offer shade, home, and comfort to all sorts of creatures around them.

**Move #2:** We’ll now explore a Psalm that illustrates the importance and power of reading God’s word and putting it into practice.

**Background:** Psalm 119 is composed of 22 stanzas, one for each letter of the hebrew alphabet. In the original hebrew, the first letter of each verse in the stanza began with that letter. The hebrew letter and the English spelling is given at the beginning of each stanza. The Psalmist often refers to God’s law, commands, precepts, statutes, and decrees. There may be subtle distinctions between these terms, but they may be thought of more broadly to denote God’s word to His people and His instructions for living according to His will. The layout of the psalm will not impact our study of it because we are not going through the whole psalm, however, it is good information for the leader to know in case someone asks about the weird “names” before each set of verses.

**Read Psalm 119:9-16 (NIV)**

#### ב Beth

#### 9 How can a young person stay on the path of purity?

By living according to your word.

10 I seek you with all my heart;

do not let me stray from your commands.

11 I have hidden your word in my heart

that I might not sin against you.

12 Praise be to you, Lord;

teach me your decrees.

13 With my lips I recount

all the laws that come from your mouth.

14 I rejoice in following your statutes

as one rejoices in great riches.

15 I meditate on your precepts

and consider your ways.

16 I delight in your decrees;

I will not neglect your word.

1. What stands out to you from this passage?
2. **(Verse 9)** What do you see as ‘the path of purity’ today? How does the Bible inform your view of what that means and how to live it out in today’s culture?
3. **(Verse 10)** What does it look like to seek God with ‘all your heart’? What other things does your heart seek?
4. **(Verse 11)** What does the Psalmist mean by ‘I have hidden your word in my heart’? We normally don’t think we should ‘hide’ God’s word. Why is it appropriate in this instance?
   1. **Possible answer:** It’s less about hiding it from other people and more about carrying it deep within you, guarding it from thoughts that might cause you to sin and guarding it from outside influences
5. **(Verse 12)** In your prayers do you worship and praise God? If so, what do you say? If not, what could you say?
6. **(Verse 13)** Why is it important to recount or retell God’s word with our lips? How did you first learn the good news?
7. **(Verse 14)** Do you rejoice in obedience? What does that look like in your life?
8. **(Verse 15)** Do you meditate on God’s word? If so, how?
9. **(Verse 16)** Do you ever find yourself neglecting God’s word? How often do you read it? How often do you feel you should? What are some ways to bridge the gap?
10. This passage shows the clear connection between reading God’s word and obeying God’s word. How is it possible to be obedient if we don’t know what is being asked of us? How easy is it to stray if we don’t constantly remind ourselves of God’s will by returning to His word regularly? Have you seen this in your own life?

**Read Psalm 119:17-24 (NIV)**

ג Gimel

17 Be good to your servant while I live,

that I may obey your word.

18 Open my eyes that I may see

wonderful things in your law.

19 I am a stranger on earth;

do not hide your commands from me.

20 My soul is consumed with longing

for your laws at all times.

21 You rebuke the arrogant, who are accursed,

those who stray from your commands.

22 Remove from me their scorn and contempt,

for I keep your statutes.

23 Though rulers sit together and slander me,

your servant will meditate on your decrees.

24 Your statutes are my delight;

they are my counselors.

1. What stands out to you from this passage?
2. **(Verse 17)** Do ever you ask God to be good to you by allowing (or making) you obedient? How is this different from how we normally think of God blessing us?
3. **(Verse 18)** Have you ever had an ‘ah hah’ moment, where the light bulb turned on and you felt like your eyes were opened to the wonder of a particular scripture for the first time? What was the scripture and what wonder did you see?
4. **(Verse 19)** What do you think the Psalmist means by ‘a stranger on earth’? Do you ever feel this way? Should you?
5. **(Verse 19)** The Psalmist asks God not to hide his commands. Do you ever feel like what God wants from you is hidden? Do you turn to God’s word in those times?
6. **(Verse 20)** Have you ever been consumed with longing for God’s word? What would you do if you didn’t have the Bible at your fingertips anytime you wanted? How would your life be different without God’s word? Would you long for it in the way of the Psalmist?
7. **(Verses 21-23)** Do you ever feel the scorn or slander of those around you for trying to follow God’s word? How do you console yourself in those times?
8. **(Verse 24)** Do you ever feel like God’s word is your counselor? What other counselors do you have in understanding God’s will?
   1. **Possible answers:** The Holy Spirit (See John 14:15-18), pastors, elders, life group leaders, friends

**Read Psalm 119:97-104 (NIV)**

מ Mem

97 Oh, how I love your law!

I meditate on it all day long.

98 Your commands are always with me

and make me wiser than my enemies.

99 I have more insight than all my teachers,

for I meditate on your statutes.

100 I have more understanding than the elders,

for I obey your precepts.

101 I have kept my feet from every evil path

so that I might obey your word.

102 I have not departed from your laws,

for you yourself have taught me.

103 How sweet are your words to my taste,

sweeter than honey to my mouth!

104 I gain understanding from your precepts;

therefore I hate every wrong path.

1. What stands out to you from this passage?
2. **(Verse 97)** What do you think it means to meditate on God’s word all day long? How can this be accomplished? As a starting point, consider reading God’s word daily.
3. Have you ever been in the habit of reading the bible every day? How did this affect your life? What was your routine? Do you have any tips for others in the group?
4. **(Verses 98-100)** Why does the Psalmist claim to have more understanding than the elders? What demonstrates greater wisdom and understanding: speaking God’s word or obeying God’s word?

**Read Psalm 119:105 (NIV)**

נ Nun

105 Your word is a lamp for my feet,

a light on my path.

**Note to the leader:** Verse 105 is a good one to memorize and hide deep within your heart. When you don’t know what path to choose, read God’s word. We will use this verse to close out our study.

1. Imagine walking on a path on a moonless night without a flashlight. How easy is it to stray from the path? How will you know that you have strayed? How is this similar to walking through life without God’s word?
2. A lamp is usually an intimate light, with limited range. Now imagine you have been given a lamp. How silly would it be to set out at night, but leave the lamp of God’s word behind at camp? How can you expect God’s word to guide you if you leave it behind?

**Next Steps:** To close out our study, let’s spur each other on toward daily reading of God’s word.

1. Consider making the commitment to read the bible every day as mentioned on stage this week. Consider forming or joining a core group to help hold yourself accountable. If you have any questions about core groups, ask your lifegroup leader.
2. If it’s hard for you to find time to sit and read, you might try an audio version of the Bible. The YouVersion Bible App has many audio versions of the Bible available that you can listen to on the way to work or while doing chores around the house.
3. Are you already reading on a regular basis, but have not yet read the whole Bible? Consider making the commitment to read the whole Bible this year. There are many one-year bible reading plans available online.
4. Consider starting the practice of S.O.A.P. ing today. S.O.A.P stands for Scripture, Observation, Application, and Prayer. It is one method of journaling as you read the Bible that can help you to become more disciplined in your reading, understand God’s word more deeply, and translate that understanding into action. If you have any questions about S.O.A.P ing, ask your lifegroup leader.
5. Consider reading **Nehemiah 8:1-12**. Check out the Point Church blog for a post about the importance of God’s word in relation to this passage.

**Prayer:** End your study with a time of prayer where people can share prayer requests and be prayed for before they leave. If possible, please steer some prayer towards what your group talked about during this study.

Notes and Commentary

The following are pieces of commentary, facts, and links based on the passages of this study in order. Use them to help supplement your group time or for your personal preparation.

* There was no commentary used for this study.