
God desires to be in relationship with you.

Proverbs 8:17, 1 Thessalonians 1:4

Relationship is what builds trust by:

- Talking, listening, learning, spending time together.

Listen + Love = Real Relationship. Deuteronomy 6:4-5

Bible tells us:

- Who God is \ Who I am in Christ.
- God's best way for me to live.
- What God wants to do in me, for me, and through me.

Why read and meditate on His word?

- It is vital to my success. Joshua 1:7-8
- It is vital to my purity. Psalms 119:9-11
- It is vital to my strength. Isaiah 40:28-31
- It is vital to my growth. 1 Peter 2:2

Meditation is active, focused thinking.

Psalms 46:10. Proverbs 3:5-6

- Once for the head - understanding
- Once for the heart - relationship
- Once for the hands - my response or action

My Declaration: God cannot love me more than He does today, but I can walk into greater and greater understanding and experience of His love.

Many of our Life Groups use this insert as a discussion guide through the week. We encourage you to take that next step in your journey w/ Jesus and His church by joining one today! www.seekreallife.com

Connecting

Looking back over your notes from Sunday, was there something that stood out that you would like to share?

What is one of the most important things you have committed to memory? Why?

What is the most daunting thing to you about reading the Bible?

Is there a barrier in this area that you've overcome over the years that you would like to share with the group?

Digging Deeper

Read Joshua 1:7-8.

What are the benefits of meditating on Scripture from this passage?

What are we encouraged to do with what we read?

The Bible is a very large book and figuring out a place to start can seem overwhelming. We have developed some great resources to get you going if you don't know where to start. Ask your Life Group leader check out www.seekreallife.com/bible

Read 1 John 2:1-6

As you read the truth in this passage, what are you the most thankful for?

God loves us so much and demonstrated this through Jesus and His sacrifice. From what John writes, how do we love him back?

Psalm 119 is a very long song that is completely dedicated to the value of reading, meditating on, and applying Scripture to our lives.

Read Psalm 119:9-16.

What are several ways you can use Scripture from this passage?

List some emotions the author experiences as he reads Scripture?

What is a benefit to memorizing Scripture? What are some ways we can do this?

How has hiding God's Word in your heart helped you?

Try spending this week memorizing Psalm 19:14:

*"May the words of my mouth
and the meditations of my heart
be pleasing to you,
O Lord, my rock and my redeemer."*

Ash Wednesday Service

We will have an Ash Wednesday service on **Wednesday, March from 7-8 pm**. This service will involve times of personal reflection, music, communion, prayer, the reading of Scripture. You are invited to join us as we follow Jesus through the Lenten Season with daily readings you can find here following the service www.seekreallife.com/lent

*Childcare for infants through 4 years will be provided.

A little more about Ash Wednesday...Where is Ash Wednesday the Bible? It isn't. But there are plenty of precedents for calling God's people together for repentance and for renewal. The trumpet sound the prophet Joel, calling for God's people to tremble at the approach of judgments of God (Joel 2:1-2, 12-17) resonates with the call of Jesus during times of mourning and calling on God with self-denial and even fasting. Notice Jesus does not say "If you fast" but "Whenever you fast..." as he expects us to keep in step with his own example (Matthew 6:1-6, 16-21).

Why ashes? Ashes in the Bible are a sign of mourning or humility before a Holy God. (Daniel 9:3; Job 42:6; Jonah 3:6; Matthew 11:21). Ultimately, through Ash Wednesday, we can realize an opportunity to deepen our awareness of God's forgiveness and purifying presence. This service invites us to humble ourselves before God as we prepare to follow in the steps of Jesus all the way to Calvary.

About the Lenten Season: Lent is the forty-day season of reflection and preparation for the death and resurrection of Jesus. It is a time of repentance, of considering Christ's sufferings and rethinking how we are called to take up our own crosses. Some of us give up things like chocolate, Facebook or television during this season as a sort of fasting and others try to integrate something new into their lives, like visiting folks in prison, sewing clothes, exercising or praying.

It is a good season to rethink how we live and to let some things go, maybe even to develop some new holy habits. Ash Wednesday marks the beginning of Lent and it ends on the Saturday before Easter Sunday.

www.seekreallife.com/lent