

Study Guide for the Week of May 25, 2008

How to Spend a Day With Jesus, Part 1

This study guide is designed to help you to become more familiar with the Bible. Study these passages on your own, with a friend, or with a group. If you or someone you know needs a Bible, please take one from under a chair in the Worship Center. They are there for you to take home and use! Sermon manuscripts are available at www.spwired.com.

Monday. Spending our days with God means acknowledging that our days belong to him. ***Read Psalm 118:24 in the Old Testament.*** Let this be your memorization passage for this week. This is a great first thought for each day as your eyes open. What are the implications for your day if you live by this passage of scripture? Do you live each day with this attitude?

Tuesday. Today's readings will address our times of rest. Did you wake up this morning with yesterday's memorization passage on your lips? If you need to, go back and refresh your memory of that verse and try again tomorrow. ***Read Genesis chapter 1 in the Old Testament.*** Notice the rhythm in this text. It is because of this text that the ancient Hebrews believed that each day began in the evening. There is a certain logic to this. Our days go better when we prepare for them with a good night. What can you do each evening to prepare for a good day the next morning? ***Read Psalm 3:5.*** What does this passage say to you today? Make a commitment to getting more sleep by setting and sticking to times when you will go to bed at night and rise in the morning.

Wednesday. Today's passages will be about waking up. ***Read Psalm 5:3 in the Old Testament.*** This passage is an encouragement for us to turn our hearts and minds to God with the very first thoughts of our day. Is this easy for you or difficult? Why? Reread Monday's passage. Are you using it as a wake-up passage? ***Read Lamentations 3:22-23.*** What does this passage say to you? Notice that God's compassion is new each morning. Allow God's love, his compassion, to lead you into each new day.

Thursday. Today's passages will be about eating. ***Read 1 Corinthians 6:19-20 in the New Testament.*** What do you do with your "temple" that is honoring to God? What do you do with your "temple" that is dishonoring to God? Looking at this passage we can see that eating properly, exercise, rest, play, etc. are important ways that honor God with our bodies. Why is this so difficult for us? ***Read Ecclesiastes 9:7 in the Old Testament.*** What can we do to truly enjoy the gift of food that God has given us? Why do we feel the need, so often, to eat quickly and on the run? What are the side-effects of this sort of lifestyle? What can you do to make eating an event with God?

Friday. Today's passage is about the interruptions we face in our day. ***Read Luke 10:25-37 in the New Testament.*** This is the ultimate "interruption" story. The Levite and the Pharisee may have believed that they had important things to do and could not be interrupted in their journeys. What other reasons may they have had for not stopping to help the wounded man? Part of walking with God is to allow ourselves to be led by the Holy Spirit, even when it means a change in our plans or schedule. How can we balance the importance of structure in our days, with the importance of allowing ourselves to be interrupted? Are you more structured or less structured? How can you gain some balance in this? Finish this week's study guide by reading these passages that promise God's presence. ***Matthew 28:20. John 14:16. Hebrews 13:5.*** Spend time inviting God to walk with you through all your days.