

## LIFE Community Sermon Notes



### *Eat this Book!*

#### **Psalm 119:9-16**

9 How can a young man keep his way pure?  
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, O 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.

## LIFE Community Sermon Notes

Sunday, Feb 10

**Big Idea:** When we fill our hearts with God's Word our hearts are formed by God's Word, and when our hearts are formed by God's Word we can't help but look more and more like Jesus.

**Key Verse:**

*Psalm 119:9*

How can a young man keep his way pure?

By living according to your word

**Opening Question:** What is the most significant thing that has happened to you this week?

Questions in **bold** below are suggested focus questions.  
Sections in *italics* and/or parenthesis are for the leaders.

Read the passage.

**Discussion Questions**

1. Discuss the following: "The brain is endlessly pliable; reading shapes the brain; you are what you read. What are you reading?"
2. **Bryan shared how God's Word became a part of his life in a variety of ways, over many years, through many people. Take some time now in the study to think through the following questions:**
  - A Variety of Ways**
    - a. **List the variety of ways that God's Word is accessible to you at home, at work, at Grace.**
    - b. **Which of these are you using?**
    - c. **How effective are you finding the methods you are using?**
    - d. **Are there some new ways you have discovered or been challenged to try as you have shared together?**
  - Over Many Years**
    - a. **Where did your interaction with God's Word begin?**
    - b. **Is your interaction with God's Word stronger or weaker now?**
    - c. **What are some of the ways you can make your interaction with God's Word stronger and more transformative?**
  - Through Many People**
    - a. **List some or all of the people who have positively influenced your engagement with God's Word in your life.**
    - b. **How did they encourage you to engage with God's Word?**
    - c. **Consider writing them a note, giving them a call or sending them an email to thank them for their influence in your lives.**
3. Bryan shared three ways we can fill our lives with God's Word: reading; studying and reflecting. How are you filling (or planning to fill) your life with God's Word in each of these ways? (*Leaders please note the extra section including some Bible Reading Plans for people to use*).
4. **Memorize Psalm 119:9 as a group.**
5. **Spend this week reading through Psalm 119 allowing the words of this psalm and the passion and love of God's Word that inspired the writer of this psalm to fill your heart.**

### Leaders Notes

1. *This series is followed up on Sundays with breakout classes. The booklets are called “Making Space for the Shepherd. Booklets from these classes are available online or in the office for the leader. There are some great follow up exercises in the booklet to keep your group on track.*
2. *There is a resource library in 2 Militia with some good resources to use.*
3. *Additional resources on Simplicity, Solitude and Silence:*
  - a) *Invitation to Solitude and Silence—Ruth Haley Barton*
  - b) *Celebration of Discipline—Richard Foster*
  - c) *Simplify—Paul Borthwick*

### Retreat Options

- *Steve Macchia’s LTi program is one of the retreat and spiritual formation programs that Tom referenced. Their Soulcare retreat is the silent retreat the staff went on. Find out when the next retreat is and consider joining it as an individual or as a group. We will be running a retreat for Grace Chapel people on March 15th. It will be a morning retreat at the church.*
- *Grace Chapel is working on a silent retreat for individuals and groups. Stay posted for when this is available.*
- *February 12-16 will be a time of sacred spaces at Grace Chapel. At set times the church will be open for people to come in and spend some time in solitude and silence with God. Make us of this time.*

### Bible Reading Plans:

- *Encounter with God has a “Through the Bible in a Year” program which can be found at the bottom of the devotional guides available from them.*
- *There are a few versions of a “One Year Bible” available to us.*
- *Peter DuPre’s monthly plan of reading through the New Testament is included below on the next page:*

## **A Bible Reading Plan Through the New Testament in 30 Days**

Day 1 Matthew 1-9

Day 2 Matthew 10-15

Day 3 Matthew 16-22

Day 4 Matthew 23-28

Day 5 Mark 1-8

Day 6 Mark 9-16

Day 7 John 1-7\*

Day 8 John 8-13

Day 9 John 14-21

Day 10 Luke 1-6

Day 11 Luke 7-11

Day 12 Luke 12-18

Day 13 Luke 19-24

Day 14 Acts 1-7

Day 15 Acts 8-14

Day 16 Acts 15-21

Day 17 Acts 22-28

Day 18 Romans 1-8

Day 19 Romans 9-16

Day 20 1 Corinthians 1-9

Day 21 1 Corinthians 10-16

Day 22 2 Corinthians 1-13

Day 23 Galatians – Ephesians

Day 24 Philippians - 2 Thessal-  
onians

Day 25 1 Timothy - Philemon

Day 26 Hebrews

Day 27 James - 2 Peter

Day 28 1 John - 3 John

Day 29 Revelation 1-11

Day 30 Revelation 12-22

\* Luke comes before John but I read John before Luke because I like to read Acts right after Luke since it is a continuation of Luke's account of the life of Christ and the first Christians. You may also want to try reading 1 John through 3 John right after John's Gospel.