

**Growing Deeper**  
*Great Summer Adventure*

**Week One: Deeper Conversations**  
*Psalm 1*

**Spend FIFTEEN – Day One**

1. Think about your conversations over the past week. What do they focus on: the here and now, your projects and accomplishments, the must-dos for the day, the news cycle? Ask God to settle your spirit to have a conversation with him as you continue on with your FIFTEEN.
2. Read Psalm 1. It compares the wise man to the wicked man. What choices does a wise man make?
3. What do you think of when you hear the Law of the Lord? What feelings does it evoke?
4. Reread Psalm 1:2. Often, thinking about the Law of the Lord does not bring delight but brings to mind a list of what we should or shouldn't do. The Bible teaches us that God's Law is used in three ways: a curb, a mirror, and a guide. As a curb, the Law clearly shows us right and wrong. As a mirror, it shows us our sin against God and our sin against others. As a guide, it shows us how to love God and other people. Because we have God's Law, we can also see and understand God's love more clearly. When we know right and wrong, we know that we fall short of the glory of God (Romans 3:23); we can see how much God the Father loves us in sending God the Son to die for our sins and raising him from the dead to show us eternal life (John 3:16). We can see that God the Holy Spirit is protecting us by giving us commands to live by. How does knowing this impact the way you think about God's Law?
5. Skim Exodus 20. Can you see how God uses his Law as a curb, a mirror, and a guide?
6. Read Psalm 19:7-11. How does the psalmist David see God's Law? Which of these verses speaks to you? Why?
7. End your FIFTEEN by having a deeper conversation with God. Praise God for his Law as you close in prayer. Thank him for how he has used it to protect you and to guide you. Thank him for how he has provided a Savior for you in Jesus.

**Spend FIFTEEN – Day Two**

8. In order to have deeper conversations with people, we must have deeper conversations with God. Proverbs 2:6, "For the Lord gives wisdom, and from his mouth come knowledge and understanding." As you open your FIFTEEN in prayer, ask God to open your ears to his voice as you study today.
9. Read Psalm 1:4 and Jeremiah 17:7-8. Describe the tree that is in these verses.
10. What is God's role in the growth of the tree?

11. Read Galatians 5:16-25. Paul writes to the Galatians about the war between our sinful nature and our spiritual nature. God's Law tells us what is right and wrong; it also frees us to live by his Spirit. What fruit do you see God producing in your life? What fruit would you like to see more of?
12. Conclude in prayer; confess where you fall short and where you are trying to grow your own fruit. Ask God to grow the fruit of the Spirit in you and to tune your ears to his voice so you can grow deeper with him.

**Spend FIFTEEN – Day Three**

13. What kind of a conversationalist are you? Are you the chatty Cathy? Do you dread small talk? Do you have a story for every occasion? Are you the friend who listens patiently?
14. Having deeper conversations means sharing more of who you are and what you believe. Read Matthew 12:34. How is what we believe about ourselves and our God revealed in how we speak?
15. Read Luke 18:18-30. What do we learn about the ruler from the questions he asks Jesus? What does he think about Jesus?
16. Consider a conversation you had recently. What does it reveal about you? What does it reveal about how you think about God?
17. Mark 10:21 includes a detail not found in Matthew's story of the rich, young ruler. Jesus looked at the man and loved him. Even when our conversations don't reflect the best in us or reveal a misconception about God, how does Jesus feel about us?
18. End your FIFTEEN by thanking God for his deep, enduring love for us. Ask God to show you his love today. Think about how you speak about yourself (and God) and ask God to help reframe your thoughts about yourself. \*

\*See Pastor Dion's message about God's Acceptance and Your Own from the previous series for more insights.  
<https://www.youtube.com/watch?v=IQxS7WoV3k0>

**Spend FIFTEEN – Day Four**

19. Brené Brown loosely describes vulnerability as the willingness to be seen with no guarantees of the outcome of being seen.\* This vulnerability is the courage to tell who we are with our whole heart while treating ourselves with compassion, and this leads to connection. How can connections with others lead to opportunities for deeper conversations?
20. Read Matthew 15:21-28. Jesus is approached by a woman from a different culture. What did she ask for?

21. How did the Canaanite woman display vulnerability in her conversation with Jesus?
22. Her vulnerability lead Jesus to praise her great faith and ultimately to heal her daughter. Are you vulnerable when you approach God? Why or why not?
23. How do you choose to be vulnerable with your friends and family?
24. The beautiful thing about our faith is that whether we feel vulnerable or not when we approach God, God loves us. It is a fact. He loves and delights in his children – no matter how they feel. How does that impact your willingness to be vulnerable?
25. End your FIFTEEN by praising God for his infinite love for you and that your faith is based on facts about God and not how you feel. Ask God to give you opportunities to practice vulnerability in your conversations.

\*Learn more from Brené Brown's talk on vulnerability (20min).

[https://www.ted.com/talks/brene\\_brown\\_on\\_vulnerability/transcript?language=en](https://www.ted.com/talks/brene_brown_on_vulnerability/transcript?language=en)

### **Spend FIFTEEN – Day Five**

26. Look again at Psalm 1. It talks about a wise man loving and meditating on God's law, shunning the company of the wicked and being watched over by the Lord. What else strikes you as you reread this Psalm?
27. Read Matthew 22:37-40. How did Jesus sum up the Greatest Commandment? Write it in your own words.
28. Skim Exodus 20 again. Can you sort the commands into categories: love God and love others?
29. How can we love others through deeper conversations?
30. Many times we may feel insecure, unequipped, or afraid of opposing views that may be expressed during deeper conversations. Read Proverbs 16:1. Who is in charge of responses?
31. Read Romans 8:15. Abba is an Aramaic word for "father." But a closer translation may be "daddy." What has God, our Daddy, given us that can banish our fear?
32. What does a deeper conversation sound like to you? Does it focus on sharing God's Word? Does it allow for others to share their thoughts and opinions without judgment? Does it mean you listen more and talk less? Does it mean that

you share more of who you really are as a way to allow others to do the same? Ask God for opportunities to practice moving conversations deeper. End your FIFTEEN in prayer. Ask him to remove your fears and to strengthen your trust in his ability to guide your responses. Praise him for his gift of sonship (daughtership) in his family and all that being a child of God gives you.

**Week Two: *Intentional Play***  
***Ecclesiastes 9:7-10***

**Spend FIFTEEN – Day One**

1. In a “work hard, play hard” culture, sometimes we never get around to the “play” part. A 2017 article by CNBC cites a poll that estimates 52% of Americans do not use all of their paid time off. Which half of Americans do you fall in: the half that uses all of your time or the half that wastes it? Is that an intentional choice you made? Why or why not?
2. Read Ecclesiastes 9:7-10. Does this passage affirm the way you chose to use your vacation time?
3. Look specifically at Ecclesiastes 9:7. Does this verse surprise you? Why or why not?
4. How would you describe your attitude about enjoying eating and drinking?
5. For many of us, we have guilt over what we eat or drink. While our choices impact our health and well-being, how does the truth that what we eat or drink does not affect how God feels about us make you feel about your choices?
6. Look again at Ecclesiastes 9:7. What would it take for you to have a joyful heart while enjoying life?
7. Maybe you don't have an easy answer to the question above. Finish your FIFTEEN by asking God in prayer to help you experience joy in your leisure time.

**Spend FIFTEEN – Day Two**

8. It seems everyone has an elder relative who has at least one prized object that was deemed too valuable to use. In my case, I inherited a beautiful flower vase from my grandmother. She had cleaned it religiously yet kept it tucked away in a hutch. I had never seen it hold flowers. By the time I received it, the pattern was showing serious wear from being cleaned, but not from fulfilling its purpose! Share an example of this from your family.
9. Look again at Ecclesiastes 9:8. How does this verse say we are to live?
10. How often do you wear white clothes? Many people today avoid doing so because white is so hard to keep clean. Just imagine how impractical it was in the days when people walked most places on dirt roads. What was the author of Ecclesiastes implying by saying it is good to wear white?
11. Anointing your head with oil might seem equally as frivolous as wearing white. The perfumes and oils used for anointing were expensive. What would be an equivalent of wearing white and anointing with oil for you today? What do you love but decide is too expensive or frivolous to wear or do too often?

12. When you think about your answer to question 11, is this how you see God? As someone who wants you to *enjoy* these behaviors? Why or why not?
13. Spend some time reflecting on your answer above. What experiences have shaped your attitudes about enjoying these simple pleasures? As you finish your FIFTEEN in prayer, pray that God would help you see more clearly his intention for you.

**Spend FIFTEEN – Day Three**

14. What do you do for a “living”? Are you a student, do work inside the home or outside the home, or are you retired? What is your primary “job to do”?
15. How do you feel about your current job? Is it fulfilling or toilsome? How would you describe it?
16. Look again at Ecclesiastes 9:7-10. How does this passage describe the work we do?
17. Sometimes, we feel as though the work we do is a form of punishment. Read Genesis 2:15-17. What purpose did God give Adam? What had he commanded him?
18. Oftentimes, we see our work as punishment as part of the fall because of sin. Yet in the Genesis account, we see that work was given to man before he sinned. How does this affect how you feel about your work?
19. Look again at Ecclesiastes 9:7-10. What does the author call both our labor and our enjoyment?
20. If they are both a necessary part of our life, can one be more valuable than the other? Can we experience fulfillment without one or the other? Explain your answer.
21. As you finish your FIFTEEN in prayer, ask God to give you a greater appreciation for your work and leisure.

**Spend FIFTEEN – Day Four**

22. Often when people think of life as a Christ-follower, they expect it to be somber. What do you think has helped form their perceptions?
23. Jesus experienced similar attitudes during his ministry. Read Matthew 11:16-19. How did Jesus characterize the people of his time?

24. Describe an example where you might be criticized by one camp if you participate in an activity yet criticized by another if you don't?
25. How do those opinions tend to impact your decision-making?
26. In Matthew 11, Jesus used the example of eating and drinking. John the Baptist lived in the desert and often fasted and denied himself pleasures. Yet he was criticized as ungodly. Jesus both ate and drank as an ordinary person would and was considered a glutton. What do these criticisms say about the people of Jesus' day?
27. Look again at Matthew 11:19. What did Jesus say about wisdom?
28. In the end both Jesus' and John's actions were proven right through their miraculous deeds. Each man's choices were appropriate for their circumstances. Hard and fast value judgments about eating and drinking were not. As you finish your FIFTEEN, ask that God give you wisdom to make good choices when you are unsure of the best action to take.

**Spend FIFTEEN – Day Five**

29. Paul also addresses the issue of eating and drinking in his ministry. Read 1 Corinthians 10:22-33. What is the only parameter Paul lays out for Christians?
30. What was his reason for that boundary?
31. Paul's parameters leave a very broad array of foods to choose from. We are free to eat any food that is eaten in gratitude and has not been sacrificed to idols. What does that tell you about your enjoyment of what you eat and drink?
32. Food and drink are a small part of our lives. To what other parts of life might this freedom also apply? In other words, what other manmade parameters do we put on our own choices that are not restricted by God?
33. Where is your favorite place to vacation or just relax? Why do you like it?
34. The answers to question 33 are as varied as the people who answer the question. What does the beautiful, broad array of God's creation tell you about his nature to love and bless us?
35. As you finish your final FIFTEEN this week, consider all that it means to be loved and blessed by God here on Earth. Then end with a prayer of gratitude.

**Week Three: *Open Doors***  
***Matthew 5:14-16***

**Spend FIFTEEN – Day One**

1. When you were growing up, did you have neighbors on your street or a friend that always seemed to have friends and family hanging out? (Maybe this was your house.) Did you like hanging out in that house? Why or why not?
2. Have you ever taken the Myers-Briggs or other personality assessment? Did the assessment determine if you were an introvert or extrovert? Did you agree with the assessment?
3. For some people, having open doors comes naturally; for others it's a struggle. We know that our own personal bent can make us more or less comfortable. Why might it be beneficial even for introverts to have open doors?
4. Jesus had an interesting perspective on this. Read Matthew 5:14-16. How did Jesus say we were to live?
5. For many introverts, the idea of being a light is the last thing they want to be. After all, lights are usually where people are looking. But this is exactly where God wants us to be. Read Matthew 28:18-20. What promise does God make for us at the end of this passage?
6. How does this promise impact your willingness to live with an open door?
7. As you finish your FIFTEEN, consider that God is with you wherever you go. Ask him to remind you of that fact whenever you are faced with stepping out of your comfort zone.

**Spend FIFTEEN – Day Two**

8. Have you ever been in deep darkness? Like the true darkness of a cave or a power outage? How did that feel?
9. While you were in the darkness, did you notice the disproportionate power of a small light? It seems as though the greater the darkness, the more power even a small light has. Look again at Matthew 5:14-16. What can a light do?
10. It's funny how people can be like a light in the darkness. Sometimes the smallest light can make the biggest difference; it's just a matter of where it is placed. Why might shining your light in your home be more powerful than out in public?
11. One of the reasons that a light in the darkness is so bright is because it is the sole focus of the room. When you invite someone into your home, it is easier to focus on them. What kind of distractions get in the way of connecting with others when you meet out in a public place?



12. Does knowing this make it easier for you to consider inviting others in or harder? Explain your answer.
13. Now read John 8:12. Who is the true light of the world?
14. How can we use Jesus to help us shine our light?
15. It can be so intimidating to let others into our home to shine light. But as we remember from yesterday, Jesus is with us, and he is the light of the world. All we need to do is to reflect his light. Finish your FIFTEEN in prayer by asking Jesus to help you to grow to be more like him.

### **Spend FIFTEEN - Day Three**

16. Yesterday we talked about reflecting Jesus' light. Brainstorm a list of things that you can do to show Jesus' love to others.
17. At Pathfinder Church, we talk about *Living the Six*. "Live the SIX other DAYS serving God by serving others. Every minute of every day is an opportunity to live as God's representatives in the world. Whether in our neighborhoods, at school, on the job, with friends, on the field, or out in the community, we have been uniquely positioned to reflect God's love in the world as we serve others." When *Living the Six* was sketched out, it was largely based on Matthew 5:14–16. How does knowing that you have the opportunity to share God's love whenever you go impact how you interact with others?
18. Yesterday we talked about one reason that opening your doors to welcome others in is important. What other reasons might be even more powerful to welcome people into your home?
19. Maybe welcoming people into your home is easy for you. Maybe it's a short-term commitment with which you are pretty comfortable. Would it be a bigger challenge for you to let someone into your circle? What's the difference between inviting someone into your home and allowing them into your circle?
20. Read John 17:6-19. One of the most intimate prayers Jesus prays is for his disciples before his crucifixion. What are some of the things Jesus asked God in his prayer?
21. It's interesting to note that Jesus' closest friends, those in his circle, had been welcoming people all throughout Jesus' ministry. And he expected them to keep on doing it after he was gone. As you finish your FIFTEEN, think about your circle. Give God a prayer of thanks for your circle.

### **Spend FIFTEEN - Day Four**

22. Are you more comfortable being a guest at someone else's home or hosting in your own? Explain your answer.

23. When you are a guest, what do hosts do that makes you feel more comfortable?
  
24. Hospitality was a central value in Hebrew culture. Read Genesis 18:1-8, one of many accounts of Abraham's hospitality. Have you ever experienced hospitality as gracious as Abraham's? What were the circumstances? How did it make you feel?
  
25. Thinking about Abraham's example again. Have you ever displayed such hospitality to others? Why or why not?
  
26. Abraham's hospitality was especially gracious because he made his guests feel as though they were part of his family. Brainstorm a list of ways that people can feel as though they are a part of your family, whether they are a guest in your home or in any environment.
  
27. Read Romans 12:9-11. What is required to show love to others?
  
28. Looking at the list you brainstormed about ways to welcome people. Which ones would fit well into this category?
  
29. Close your FIFTEEN in prayer. Ask God to help you see opportunities to welcome others into your life and home.

**Spend FIFTEEN – Day Five**

30. Can you think of someone that you would describe as authentic? What qualities do they possess that makes you think of them?
  
31. Look again at Matthew 5:14-16. What happens when we shine our light before men?
  
32. What happens when we do the opposite? When instead of showing our good deeds, we admit our failures?
  
33. Read Proverbs 28:12-14. What do those who confess their sins find?
  
34. When we are honest and transparent, we find mercy. Read the following verses; note what often comes with mercy. Psalms 25:6, Psalm 40:11, Ephesians 2:4, Jude 1:2.
  
35. So often when we extend mercy, love grows; when love is present, mercy follows. How much deeper our connections are to one another when mercy and love are mutually shared. Close your FIFTEEN by asking God to help you offer and revive mercy in order to love more deeply.

## **Week Four: *Common Mission***

### ***Proverbs 29:18***

#### **Spend FIFTEEN – Day One**

1. As we dig deeper into what it means to live with a common mission, let's take a look at what God's Word has to say about catching a common goal or mission. Read Proverbs 29. Describe what God says in his Word about how those who experience blessings behave and how those who bring harm to themselves and others behave.
2. Pay particularly close attention to v. 18. How do people suffer from having no vision, revelation, or goal?
3. When you think about the worship of God, do you tend to think more about behaviors or the perspective of the mind? How can behaviors lead to attitude? How can attitude lead to behaviors?
4. Recall a time in your past when you were part of something that was larger than yourself. What kind of feelings were connected with that experience?
5. What are the benefits of being part of something that exalts God's mission of spreading his Kingdom? How would you know that God's mission lines up with your mission for your life?
6. Spend the last part of this FIFTEEN thinking about how your life gives an accurate reflection of the importance of your relationship with God. Pray for clarity and direction in your daily life.

#### **Spend FIFTEEN – Day Two**

7. Yesterday we focused on what it was like to follow God and be directed by him. Today our focus will be on what it is that God desires, or things that are close to his heart. Read Hosea 6:6. What does God desire?
8. What does the desire of God found in Hosea 6:6 and again in Matthew 9:12-13 look like in your life?
9. Read 2 Peter 3:9. How does this verse help us to understand God's desire?
10. God desires many other things for our lives as well. Some of them require us to obey; some things he desires for us to do. What is required to have the mindset of mercy in our life and in our actions? Read 1 John 1:8-9 for a start.
11. Some Christians today believe that following rules can align us with the mission of God. Read Matthew 22:34-40. How does Jesus summarize the Law?

12. As you finish your FIFTEEN in prayer, pray that mercy would help to form your thoughts, deeds, and interactions this day.

**Spend FIFTEEN – Day Three**

13. The past few days we have been looking at the benefits of knowing God and aligning our hearts with his heart. Begin today by making a brief list of things you do because that is what you think God would have you do.

14. God has given his Law to act as a curb, rule, mirror, and guide. (see Week One – Day One for a refresher.) Take a moment to reflect on how one or more of these uses has kept you close to God.

15. Today we will focus on vision or revelation for believers that God in Christ allows us to see in Matthew chapter 5. Read Matthew 5:13-16. What does it mean to be called “the salt of the earth”?

16. What does it mean when Jesus says, “You are the light of the world”?

17. Now go back to the list of things that you do in your life because they are things that you think God would have you do. Which of these things or activities allow others to savor your “saltiness” or benefit from your “light”?

18. One of the benefits of a God-directed focus in your life is that it is selfless and others-focused. As you finish your FIFTEEN in prayer, ask God to grant you a heart to love and to serve others.

**Spend FIFTEEN – Day Four**

19. The past few days we have studied how much God desires mercy (he sent his Son) and how our lives reflect that mercy shown to us with a heart that loves and serves others. Today we will focus on how mercy and service are reflected in God’s plan for the family. Read Colossians 3:18-21.

20. A lot has been said about the words “submission” and “harsh” when it comes to these verses. (Depending on the translation you use.) Think about what we have learned over the past few days about mercy and service out of love. How do these words help us understand the roles of husbands and wives?

21. What is the benefit of both father and mother “being on the same page” or having the same vision or purpose for their family?

22. What is the role of the child in this vision for the family. Why?

23. How can parents “embitter” their children? Again, think of the role that both mercy and service play in relationships with children and with spouses.
24. Finish your FIFTEEN by asking God to help you to pray to be a bringer of salt and light to your family and that God would help your family see the benefit of his leading.

**Spend FIFTEEN – Day Five**

25. What is the most satisfied you have ever felt? (A job, a relationship, meeting, event.) How much did your satisfaction depend on your perspective?
26. Today we will focus on the “joy of salvation” provided by God to hearts that seek after him. Read Psalm 51:10-12. How much of what the psalmist requests of God depends on God granting tangible things?
27. Having a right mind and proper attitude allows us to form a vision or mission for our family that will bring joy and peace to our home. Thinking of the activities you enjoy with family, which bring the most joy or satisfaction?
28. Next, try to come up with things that bring salt and light to others that you can do together as a family. Do any overlap with activities you enjoy as a family?
29. When deciding how to be part of bringing salt and light, pay attention to the prompting of the Spirit and pray for his guidance.
30. As you finish your FIFTEEN this week, be comforted to know that God is pleased with you. He desires good things for your life. He lets you know the depths of his love through the sending of his Son. There is nothing we do to earn his favor or love. God simply invites us to be bringers of his kingdom. Jesus makes it possible to practice mercy and live lives of service. Pray that God grants the trust needed to enjoy his presence on your journey.

**Week Five: Sustainable Rhythms**  
**Deuteronomy 6:6-8**

**Spend FIFTEEN – Day One**

1. As we focus on building sustainable rhythms this week, each day we're going to use an ancient method of engaging with Scripture, called *lectio divina*. We will work through one verse of Psalm 23 each day. Spend approximately 4-5 minutes on each step. Use a timer or clock if you need.
2. Read Psalm 23:1. Then read it again. Read it again. Pause. Read it again. Now read it out loud. Read it one more time. Write the verse out on a notecard. Then read it from the notecard. Read it again. Memorize it. Read it multiple times, emphasizing different words each time.
3. Now think about the verse. What is it saying? Look it up in a different translation on [BibleGateway.com](http://BibleGateway.com) (try NLT, NASB, or MSG). What words are different? What nuance does that convey? What feelings is it trying to communicate about Christ? His relationship to us? What things in life does it make you think of?
4. Now spend several minutes in prayer. (It's going to feel like forever, so set a timer for 5 minutes.) Ask God what he's trying to say to you in this verse. Pray for him to speak to you through his Word. Sit quietly before the Lord, no distractions, no phones, no music—and ask for his wisdom. Share your feelings about it with him. Is this verse comforting or challenging to you?
5. Next, contemplate what God has revealed to you through this verse. What does it mean for you? How does God want you to be different, molded, transformed by the truth in this verse? What change of mind, heart, life, and action is the Lord asking of you?
6. Finally, end your FIFTEEN by committing to one specific, accomplishable action step for today. Decide what you will do differently as a result of this time with the Lord. Then ask God to bless your efforts.

**Spend FIFTEEN – Day Two**

7. As we focus on building sustainable rhythms this week, each day we're going to use an ancient method of engaging with Scripture, called *lectio divina*. We will work through one verse of Psalm 23 each day. Spend approximately 4-5 minutes on each step. Use a timer or clock if you need.
8. Read Psalm 23:2. Then read it again. Read it again. Pause. Read it again. Now read it out loud. Read it one more time. Write the verse out on a notecard. Then read it from the notecard. Read it again. Memorize it. Read it multiple times, emphasizing different words each time.
9. Now think about the verse. What is it saying? Look it up in a different translation on [BibleGateway.com](http://BibleGateway.com) (try NLT, NASB, or MSG). What words are different? What nuance does that convey? What feelings is it trying to communicate about Christ? His relationship to us? What things in life does it make you think of?

10. Now spend several minutes in prayer. (It's going to feel like forever, so set a timer for 5 minutes.) Ask God what he's trying to say to you in this verse. Pray for him to speak to you through his Word. Sit quietly before the Lord, no distractions, no phones, no music—and ask for his wisdom. Share your feelings about it with him. Is this verse comforting or challenging to you?
11. Next, contemplate what God has revealed to you through this verse. What does it mean for you? How does God want you to be different, molded, transformed by the truth in this verse? What change of mind, heart, life, and action is the Lord asking of you?
12. Finally, end your FIFTEEN by committing to one, specific, accomplishable action step for today. Decide what you will do differently as a result of this time with the Lord. Then ask God to bless your efforts.

### **Spend FIFTEEN – Day Three**

13. As we focus on building sustainable rhythms this week, each day we're going to use an ancient method of engaging with Scripture, called *lectio divina*. We will work through one verse of Psalm 23 each day. Spend approximately 4-5 minutes on each step. Use a timer or clock if you need.
14. Read Psalm 23:3. Then read it again. Read it again. Pause. Read it again. Now read it out loud. Read it one more time. Write the verse out on a notecard. Then read it from the notecard. Read it again. Memorize it. Read it multiple times, emphasizing different words each time.
15. Now think about the verse. What is it saying? Look it up in a different translation on [BibleGateway.com](http://BibleGateway.com) (try NLT, NASB, or MSG). What words are different? What nuance does that convey? What feelings is it trying to communicate about Christ? His relationship to us? What things in life does it make you think of?
16. Now spend several minutes in prayer. (It's going to feel like forever, so set a timer for 5 minutes.) Ask God what he's trying to say to you in this verse. Pray for him to speak to you through his Word. Sit quietly before the Lord, no distractions, no phones, no music—and ask for his wisdom. Share your feelings about it with him. Is this verse comforting or challenging to you?
17. Next, contemplate what God has revealed to you through this verse. What does it mean for you? How does God want you to be different, molded, transformed by the truth in this verse? What change of mind, heart, life, and action is the Lord asking of you?
18. Finally, end your FIFTEEN by committing to one, specific, accomplishable action step for today. Decide what you will do differently as a result of this time with the Lord. Then ask God to bless your efforts.

### **Spend FIFTEEN – Day Four**

19. As we focus on building sustainable rhythms this week, each day we're going to use an ancient method of engaging with Scripture, called *lectio divina*. We will work through one verse of Psalm 23 each day. Spend approximately 4-5

minutes on each step. Use a timer or clock if you need.

20. Read Psalm 23:4. Then read it again. Read it again. Pause. Read it again. Now read it out loud. Read it one more time. Write the verse out on a notecard. Then read it from the notecard. Read it again. Memorize it. Read it multiple times, emphasizing different words each time.
21. Now think about the verse. What is it saying? Look it up in a different translation on [BibleGateway.com](http://BibleGateway.com) (try NLT, NASB, or MSG). What words are different? What nuance does that convey? What feelings is it trying to communicate about Christ? His relationship to us? What things in life does it make you think of?
22. Now spend several minutes in prayer. (It's going to feel like forever, so set a timer for 5 minutes.) Ask God what he's trying to say to you in this verse. Pray for him to speak to you through his Word. Sit quietly before the Lord, no distractions, no phones, no music—and ask for his wisdom. Share your feelings about it with him. Is this verse comforting or challenging to you?
23. Next, contemplate what God has revealed to you through this verse. What does it mean for you? How does God want you to be different, molded, transformed by the truth in this verse? What change of mind, heart, life, and action is the Lord asking of you?
24. Finally, end your FIFTEEN by committing to one, specific, accomplishable action step for today. Decide what you will do differently as a result of this time with the Lord. Then ask God to bless your efforts.

### **Spend FIFTEEN – Day Five**

25. As we focus on building sustainable rhythms this week, each day we're going to use an ancient method of engaging with Scripture, called *lectio divina*. We will work through one verse of Psalm 23 each day. Spend approximately 4-5 minutes on each step. Use a timer or clock if you need.
26. Read Psalm 23:5. Then read it again. Read it again. Pause. Read it again. Now read it out loud. Read it one more time. Write the verse out on a notecard. Then read it from the notecard. Read it again. Memorize it. Read it multiple times, emphasizing different words each time.
27. Now think about the verse. What is it saying? Look it up in a different translation on [BibleGateway.com](http://BibleGateway.com) (try NLT, NASB, or MSG). What words are different? What nuance does that convey? What feelings is it trying to communicate about Christ? His relationship to us? What things in life does it make you think of?
28. Now spend several minutes in prayer. (It's going to feel like forever, so set a timer for 5 minutes.) Ask God what he's trying to say to you in this verse. Pray for him to speak to you through his Word. Sit quietly before the Lord, no distractions, no phones, no music—and ask for his wisdom. Share your feelings about it with him. Is this verse comforting or challenging to you?



29. Next, contemplate what God has revealed to you through this verse. What does it mean for you? How does God want you to be different, molded, transformed by the truth in this verse? What change of mind, heart, life, and action is the Lord asking of you?
  
30. Finally, end your FIFTEEN by committing to one, specific, accomplishable action step for today. Decide what you will do differently as a result of this time with the Lord. Then ask God to bless your efforts.
  
31. Extra Credit: Follow the method we've been utilizing and work through Psalm 23:6.