

Week Three – *Decelerate Your Mind*

Mark 1:35-39

Spend FIFTEEN - Day One

1. Many people talk about the need for margin in our lives—cushions of time that we've built in so we're not always racing from one obligation to the next. How much "margin" would you say you have in your life right now?
2. What do you think would be the first steps towards getting margin into your life?
3. Dr. Stephen Covey has a parable he shares. You can read it here: www.appleseeds.org/big-rocks_covey.htm How would you grade your ability to "put the big rocks in first"?
4. Let's see how Jesus found a way to get his "big rocks" in. Read Mark 1:35-39. What was Jesus' practice for making time with his Father?
5. What demands of life make it hard for you to follow this example?
6. What is a possible "little rock" you could resolve to get rid of in your life? For the rest of this week, the Growing Deeper is going to spend each day in a psalm. Plan to make time to read the poetry of Psalms this week.
7. Close your FIFTEEN in prayer. Ask God's Holy Spirit to aid you in making room for the big rock of His Word. Ask for God to open your understanding as you meditate on His poetry.

Spend FIFTEEN - Day Two

8. Start your time today by reading Psalm 1. Once you've read it, read it again and then read it a third time. What strikes you after reading it several times?
9. This psalm is an example of a wisdom psalm. It teaches something to the reader. What two types of people does this psalm contrast?
10. What are the promised benefits to a righteous person? What are the promised consequences to a wicked?
11. What does it take to be a righteous person? (See verses 1-2.)
12. Into which category do you think you fall? Read 2 Corinthians 5:21. Does this change or reinforce your original answer?

13. When do you think the event described in verses 5 and 6 will happen? What will be the outcome for you when it does?

14. Finish your FIFTEEN by praising God that He has given you His wisdom in this first psalm. Thank Him for sending Jesus Christ to make us righteous, and to stand with us on the final judgment day!

Spend FIFTEEN - Day Three

15. Today we will read Psalm 103. After you've read it once, read it a second time. Then read it a third time. What thoughts occur to you?

16. This psalm is an example of a praise psalm. It describes God in ways that honor Him. It introduces God's character to the reader. What are some of the ways this psalm describes God?

17. Are some of these words, actions and adjectives the same as the way that *you* naturally talk about God? Which descriptions are the same? Which are different?

18. The psalmist is describing the great things God has done for him. How are these similar to what God has done for you?

19. According to the psalm, what should our reaction be to God's works? In what specific ways do you do this, outside of a church service?

20. Pick one of these expressions about God and use it to describe God to someone with whom you will interact today. Just like the psalmist does, tell that person about why God is amazing and worthy of our praise!

21. As you conclude your FIFTEEN, praise God for what He has done in your life and for what blessings He has waiting for you in eternity.

Spend FIFTEEN - Day Four

22. Start your time with God by reading Psalm 13. Read it twice. Read it thrice. What did you notice in this psalm?

23. This psalm is an example of a lament psalm. It recognizes that even believers can experience tragedy and evil things. Has there ever been a time when you felt abandoned by God? When was it?

24. Does it seem odd that the Bible would include a psalm about feeling abandoned by God? Why do you think this psalm is in here?

25. What question is the psalmist asking God repeatedly?
26. What answer does he finally find?
27. On what does our ultimate hope rely?
28. Close your FIFTEEN by thanking God that He will never abandon us, no matter how bad things in our life get.

Spend FIFTEEN - Day Five

29. To close out our week, we will read Psalm 30. As before, read it three times. What themes stick out in your multiple readings?
30. This psalm is an example of a thanksgiving psalm. It thanks God for His mighty rescue from trouble. What are some examples of times that you have given God thanks for something specific He did in your life?
31. In verse 5, the psalmist says that weeping may remain for a night, but rejoicing comes in the morning. How does this match your own experience?
32. Sometimes it may feel like the morning of rejoicing doesn't come. Read 2 Corinthians 4:16-18. What might the timing be for the promised joy?
33. Read Psalm 30:6-10. Into what trap do believers need to be careful not to fall?
34. How can you show God your thankfulness for His rescue from sin, death and the devil?
35. Conclude your FIFTEEN in prayer. Give God thanks for what He has done in your life. Thank Him for your salvation and for the eternal morning that will come for all of us in heaven.