

40 Day Refresh Discussion Questions
The Source (Bible Reading) – Psalm 119:89, 105, 151-152
Drawn from the January 7, 2024 sermon by Dr. Jeff Chandler

Your word, Lord, is eternal; it stands firm in the heavens...

Your word is a lamp for my feet, a light on my path...

Yet you are near, Lord, and all your commands are true. Long ago I learned from your statutes that you established them to last forever. Psalm 119: 89, 105, 151-152

Opener: What about God's word gives you a sense of wonder?

This small group study is a companion to the 40 Day Refresh devotional readings for January 8-13 as well as a reflection on the sermon from January 7th

Psalm 119:9

"How can a young person stay on the path of purity? By living according to your word."

1. What are you seeking the most in your study of the Bible? Teaching, reproof, correction, training (see 2 Timothy 3:16)? How has Bible reading led to transformation in your life?

Job 23:12

Job said, "I have treasured the words of his mouth more than my daily bread."

2. How has God used the words of scripture to comfort, correct or guide you? Can you point to a specific passage? What was the circumstance?

Acts 2:25-26

David said about Him [God], I saw the Lord always before me, because he is at my right hand. I will not be shaken. Therefore, my heart is glad, and my tongue rejoices; my body also will live in hope.

3. When the Bible has reminded you of a wrong path or a sin, how has Jesus carried you and brought new hope?

Jeremiah 29:13

"You will seek me and you will find me when you seek me with all of your heart."

4. Can you think of a time where you encountered the wonder and power of Jesus as the bread of life (See John 6:35)? How did he fulfill your spiritual hunger and thirst?

John 1:1

"In the beginning was the Word, and the Word was with God, and the Word was God".

5. When we open the Bible we are also opening ourselves to God's word. Do you have a Bible reading plan or habit that has helped you? How?

Joshua 1:8

"Meditate on it day and night, so that you may be careful to do according to all that is written in it. Then you make your way prosperous."

6. How has Bible reading and meditation changed your own view of God?

7. Psalm 119:16 says *"I will not neglect your word."* Does this motivate you or discourage you? Looking at the 40 day refresh, how could you make time in the Bible more of a priority?

Group Prayer Time: As you close in prayer, Praise God for making his word known to us through Jesus Christ. Ask that he would grant each of us a sense of wonder and a desire to study and apply the Bible to our lives with renewed focus.

For Personal Reflection your own:

- A. Memorize Psalm 119:11 - *"I have hidden your word in my heart that I might not sin against you."*

- B. Begin a Bible reading plan in the You Version Bible app or use <https://www.navigators.org/resource/bible-study-tools/>

- C. Review the daily devotions for January 8-13 in 40 Day Refresh

Next week, January 14, pastor Rick will cover the subject "Expectant Prayer"
There will be discussion questions available in "Downloads" on the SCC website.