

Sermon Notes: Psalm 139:1-18

At first glance:

_____ is _____.

Natural Response:

We focus on _____ and _____.

Remember this:

God _____ us and _____ us.

Lent Study Discussion Questions:

1. *Introduction:* How is it with your spirit?
2. *Application:* What have you learned about yourself from the spiritual practices of the past week?
3. *Scripture:* How does being fully examined by God make you feel? Does it incline you to give thanks, flee, or both? Why?
4. *Scripture:* What might it mean to be “fearfully and wonderfully made” (v.14)? Do you often live as though this were true?
5. *Application:* Are you challenged or comforted when encouraged to love yourself as God loves you? What might it mean to love ourselves as God loves us?
6. *Application:* How might we allow ourselves to live as who God knows us to be instead of the image we want others to see? How might we allow others to do to the same when they’re with us?

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Lenten Practices: Second Week

Monday: Cover your mirrors for a whole morning

Tuesday: Skip today's shower or bath

Wednesday: Wear your oldest clothes today

Thursday: Fast from sugar, alcohol, or fat for a day

Friday: Sleep on the floor for the first hour of the night

Saturday: Spend 10 minutes kneeling in prayer

Alternative: if physically unable to kneel, find another practice that reflects humble worship before God in prayer

Interested in joining a Lent small group?
Talk to Pastor Dillon (734-883-0033,
pastordillonburns@gmail.com)!

All Lenten practices are from Paula Huston's
Simplifying the Soul: Lenten Practices to Renew Your Spirit.

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