

## INTEGRITY CHURCH BIBLE STUDY

### GET YOUR LIFE BACK Session 3: Get Outside

#### Core Scripture:

*The Lord is my Shepherd, I lack nothing, He makes me lie down in green pastures, He leads me beside quiet waters, He refreshes my soul. Psalm 23:1-3*

#### SUMMARY

- As humans we need oxygen and water to live. God gives us a planet saturated with both. He also gave us a world saturated in another grace that is absolutely essential to the human soul- beauty.
- Beauty restores the soul. It is a gift from God that heals, is merciful, and is kind. It assures us of God's abundance and reassures us that goodness wins over evil.
- We spend 93 percent of our lives in an artificial world – filled with plastic furniture, fake plants, synthetic carpet, fluorescent lights, and “air fresheners.” This is life for people in a science fiction novel, not the life God created for human beings.
- Technology – where most people live their lives – is draining. Nature is healing. So reduce one and increase the other.
- The good news is you don't have to go to the Alps or take a trip to Tuscany to experience nature and beauty. Simply get outside for five minutes and savor the world God made.
- One way to pursue soul care is to fill our homes with beauty.
- The secret of the healing power of beauty is learning to receive it as a gift. Receive it into your soul and, with it, receive God and His love and presence in your life.

## Discussion Questions

- 1) Which of this session's two locations resonated more with you – the clean modern studio set or the natural outdoor setting? Why?
- 2) Do you agree with the statement in the video that our world is far more beautiful than functional? Why or why not?
- 3) Have you considered how beauty – like oxygen or water – is an essential human need? What do you think happens to the soul when it is deprived of beauty for a prolonged period of time?
- 4) In what ways does beauty reveal the goodness of God's heart and his lavish abundance?
- 5) It's estimated we spend 93 percent of our lives indoors in an artificial environment. How does that statistic make you feel? What are some ways you can get outside and experience the richness of God's creation each day?
- 6) Casually, glancing at something beautiful while you multitask isn't the same as pausing to receive beauty as a gift from God. How will the practice of receiving beauty into your soul help you get more of your life back?