

INTEGRITY CHURCH BIBLE STUDY

GET YOUR LIFE BACK Session 6: The Simple Daily Things

Core Scripture:

Give us today our daily bread. Matthew 6:11

SUMMARY

- Life is not lived in the fantastic. God is waiting for us in the dailies.
- The culture keeps pressuring us to be amazing but if you want your soul back, you're going to have to find it in the dailies.
- Your soul will let you know how it's doing through positive and negative barometers that serve as signposts and indicators.
- The soul eventually won't cooperate if it's neglected. If you're not receiving union in life or some joy, your soul will let you know.
- At this time in history where humanity is in such bad shape, we can be a countercultural presence – modern-day desert fathers and mothers. But that requires us to first care for our own souls.
- The world that we're living in requires a life that is saturated with God and a soul that is well, strong, and resilient.
- To get your life back, you'll need to do as Paul encourages in Philippians 4:9 – just keep putting into practice the things you've seen and heard that are helpful to the soul and bring you more of God.

Discussion Questions

- 1) Can you give an example of how you've looked for God in the amazing and missed him in the dailies?
- 2) Do you put pressure on yourself to be amazing – or think God was expecting “amazing” from you? Rest assured, God is nowhere in the pressure to be amazing. Can you release those false beliefs now?
- 3) How can you be more intentional about seeing God and pursuing soul care in the everyday?
- 4) What's an example of a negative barometer this week that tipped you off your soul was in need of care?
- 5) What's an example of a positive barometer this week that let you know your soul was doing well?
- 6) We often want to ask God, “Where have you been all day?” How does it shift our posture to ask instead, “Where did I go all day?”