

GROUP GUIDE
4th Quarter, 2023



### **TABLE OF CONTENTS**

Week	Study Title	Page
1	Remember	3
2	Return	5
3	Reset	7

As we head into 2024, we want to take a moment to pause and listen.

To become more aware of God's loving presence.

To refocus our lives around what matters most.

In the Re:\_\_\_\_\_ series, we will be exploring the Psalms to discover spiritual practices that will help us to Remember, Return to and Reset our relationship with God. As we allow these practices to carry us into the new year, we will discover a 2024 filled with Spirit-led living that will help us thrive as we follow Jesus.

This Guide is designed to help you dig deeper into the teachings from Sunday and to exercise the spiritual practices that CCW has been exploring.

### Session One

### REMEMBER

### READ

This week we are choosing to Remember how we have seen God showing up in the previous year. The response that we should have to God's abudant blessing is *Gratitude*.

The Psalms are full of thanksgiving. Read the following Psalm and take special note of how the author shows his gratitude of God:

Praise the Lord!

I will give thanks to the Lord with my whole heart, in the company of the upright, in the congregation.

2 Great are the works of the Lord, studied by all who delight in them.

3 Full of splendor and majesty is his work, and his righteousness endures forever.

4 He has caused his wondrous works to be remembered; the Lord is gracious and merciful.

5 He provides food for those who fear him; he remembers his covenant forever.

6 He has shown his people the power of his works, in giving them the inheritance of the nations.

7 The works of his hands are faithful and just; all his precepts are trustworthy;

8 they are established forever and ever, to be performed with faithfulness and uprightness.

9 He sent redemption to his people; he has commanded his covenant forever. Holy and awesome is his name!

10 The fear of the Lord is the beginning of wisdom; all those who practice it have a good understanding.

His praise endures forever!

### Psalm 111

**Additional Reading**: Psalm 30, 34, 92. 103, 136

### REFLECT

- How does the writer of Psalm 111 choose to show gratitude to God?
- Make a list of the things that the Psalmist specifically praises God for:

- What do you think that the Psalmist means by 'works of the Lord'? What are some works of the Lord that you have experienced?
- How does the Psalmist describe God based on the works that He has done?
   Which of these attributes of God are you most grateful for?
- What is a work of God that you have a challenging time being grateful for? What would it look like to praise God even for those works?

### **RESPOND**

Spritual transformation is a product of Spirit and discipline. Choose one or more of these practices to cultivate Gratitude in your life:

- · Write your own Psalm of thanksgiving.
- Start a Gratitude Journal where you list the works of God that you are grateful for.
- Complete a Year Inventory (see next page), remembering the previous year and how you have seen God show up along the way.

### YEAR INVENTORY

- Set aside some time to remember and reflect on the previous year.
- Present each month of the year before God and ask Him to reveal how He was working during that time. List the works that you would like to praise God for under the appropriate months.

JANUARY	JULY
FEBRUARY	AUGUST
	-
MARCH	SEPTEMBER
APRIL	OCTOBER
	-
MAY	NOVEMBER
JUNE	DECEMBER

### Session Two

### RETURN

### READ

This week we are choosing to Return to God. We often fall short of the life that He desires for us, wronging both Him and others. In our Psalm today, King David shows us the practice of Confession:

Blessed is the one whose transgression is forgiven, whose sin is covered.

2 Blessed is the man against whom the Lord counts no iniquity, and in whose spirit there is no deceit.

3 For when I kept silent, my bones wasted away through my groaning all day long.

4 For day and night your hand was heavy upon me; my strength was dried up as by the heat of summer. Selah

5 I acknowledged my sin to you, and I did not cover my iniquity;

I said, "I will confess my transgressions to the Lord," and you forgave the iniquity of my sin. Selah

6 Therefore let everyone who is godly offer prayer to you at a time when you may be found; surely in the rush of great waters, they shall not reach him.

7 You are a hiding place for me; you preserve me from trouble; you surround me with shouts of deliverance. Selah

8 I will instruct you and teach you in the way you should go; I will counsel you with my eye upon you.

9 Be not like a horse or a mule, without understanding, which must be curbed with bit and bridle, or it will not stay near you.

10 Many are the sorrows of the wicked, but steadfast love surrounds the one who trusts in the Lord.

11 Be glad in the Lord, and rejoice, O righteous, and shout for joy, all you upright in heart!

### Psalm 32

Additional Reading: Psalms 51, 86, 130

### REFLECT

- According to the Psalmist, who is truly blessed (1 2)? Why do you think that this is a blessing?
- What was the cost of guilt in the Psalmists life (3 4)? What effects have you seen guilt have in your own life?
- What does the Psalmists do in response to his guilt (5)? What is your experience of the practice of confession?
- When does the Psalmist say that believers should turn to God (6)? What is the risk of waiting?
- How does the Psalmist describe God's presence in His life (7)? When have you felt the deliverance of God?

### RESPOND

Spritual transformation is a product of Spirit and discipline. Choose one or more of these practices to cultivate Confession in your life:

- Write a Letter of Confession to God (see next page).
- Choose to embrace accountability with another Christ-follower and transparently confess your sin to them.
- Take time to examine your interactions with other people. Think through who you have injured recently through thoughtlessness, neglect, or anger. Move towards reconciliation with that person.

### **CONFESSION**

Set aside 15 - 20 minutes to quietly sit with God.

Ta	ke time to reflect on these questions:
•	Where have your thoughts and actions failed to reflect the holiness and righteousness of God?
•	What have you said or done that has wounded another person in your life?
•	Where have you failed to keep in step with God's Spirit?
•	What areas of your life have you failed to fully surrender to God?
•	In what ways have you sinned against yourself?
	Where am you holding onto unforgiveness in your life?
•	Ask God to help you see yourself through His eyes. What blind spots of sin are present in your life?
lον	fore moving on, remember God's great love for you. You are His child and He has a perfect ve for you. Nothing that you can say or do can cause His love to stray. Take a few moments to st sit in that love.
	ow - pen a letter of confession to God, asking for His forgiveness and thanking Him for His ace.
	Letter of Confession

### Session Three

### RESET

### READ

The Reset that we need to thrive in 2024 isn't a one-time action. Rather, it's a daily choice to put ourselves in the presence of God. Jesus models this by carving out precious time to be with God (Mark 1:35). The Psalmist also calls us to a regular rhythm with our Creator:

33 Teach me, O Lord, the way of your statutes; and I will keep it to the end.

34 Give me understanding, that I may keep your law and observe it with my whole heart.

35 Lead me in the path of your commandments, for I delight in it.

36 Incline my heart to your testimonies, and not to selfish gain!

37 Turn my eyes from looking at worthless things; and give me life in your ways.

105 Your word is a lamp to my feet and a light to my path.

106 I have sworn an oath and confirmed it, to keep your righteous rules.

107 I am severely afflicted; give me life, O Lord, according to your word!

108 Accept my freewill offerings of praise, O Lord, and teach me your rules.

109 I hold my life in my hand continually, but I do not forget your law.

110 The wicked have laid a snare for me, but I do not stray from your precepts.

111 Your testimonies are my heritage forever, for they are the joy of my heart.

112 I incline my heart to perform your statutes forever, to the end.

Psalm 119:33 - 40, 105 - 112

Additional Reading: Psalm 5, 16, 27, 46, 63, 84

### REFLECT

 Make a list of the words/titles that the Psalmist uses to describe the Bible:

Which of these is a new way of thinking about God's Word for you?

- What actions does the Psalmist ask God to build in him (33 37)? What has been your attitude towards God's Word?
- In verse 105, how does the Psalmist describe God's Word? How has God's Word been a light to your path?
- What promised actions does the Psalmist take towards God and His Word (106 - 112)?
   What would it look like for you to have the same admiration for God's Word?
- What does it mean for God to give life through His Word (107)?

### RESPOND

Spritual transformation is a product of Spirit and discipline. Choose one or more of these practices to build a daily Reset in your life:

- Consider a Bible Reading plan. Check out Youversion Bible App for a list or use the 3-Month Covenant (see next page).
- Try using a Christian meditation app like Lectio365 for a week.
- Jump on RightNow Media (www.ccw. church/rightnow-media) and choose a study to work thru.

## **Bible Reading Plan**

# 3 Month Covenant

The New Testament records the time Jesus spent on this earth and the birth and growth of His Kingdom, the Church. In pursuing a relationship with Christ, what could be better than filling our minds with the very words Jesus spoke and the accounts of His ministry?

Here are a few things you should know about the 3 Month Covenant reading plan:

- 3 Month Covenant is designed to help you read through the New Testament in just three months. With this in mind, you can read through the New Testament four times per year!
- Instead of a straightforward read from Matthew to Revelation, 3 Month Covenant was designed so that you will read at least one Gospel each month.
- Each month only has twenty-five days of assigned reading, allowing the reader to spend a day in reflection each week.

I hope and pray that this tool will lead you to a closer walk with our common Father and that His Word fuels you for furthering His Kingdom in this world.

Joshua McGrew

	d	1
	6	
Į	۶	1
۱	٠	2
į	¢	
	+	<u> </u>
	2	
	(	ì
	₹	Ī
ı	4	2

Matthew 1-4 Matthew 5-7 Matthew 8-11 Matthew 12-14 Matthew 19-21 Matthew 22-25 Matthew 26-28 Romans 1-4 Romans 8-11 Romans 12-14	☐ 1 Corinthians 3-5	☐ 1 Corinthians 6-9	☐ 1 Corinthians 10-12	☐ 1 Corinthians 13-16	☐ Mark 1-3	☐ Mark 4-7	☐ Mark 8-10	☐ Mark 11-13	☐ Mark 14-16	☐ 2 Corinthians 1-4	2 Corinthians 5-7	☐ 2 Corinthians 8-11	
	☐ Matthew 1-4	Matthew 5-7	Matthew 8-11	Matthew 12-14	Matthew 15-18	Matthew 19-21	Matthew 22-25	Matthew 26-28	Romans 1-4	Romans 5-7	Romans 8-11	Romans 12-14	Pompus 15_16 1 Corin+hipus 1_2

### Month Two

Luke 22-24		2 Cor. 12-13, Galatians 1-2 Galatians 3-6 Ephesians 1-3 Euke 1-3 Luke 4-7 Luke 8-10 Luke 11-14 Luke 15-17 Luke 22-24
		Colossians 1-4
	☐ Acts 15-17	Luke 18-21
	☐ Acts 11-14	Luke 15-17
	☐ Acts 8-10	Luke 11-14
	☐ Acts 4-7	Luke 8-10
	☐ Acts 1-3	Luke 4-7
	☐ Titus, Philemo	Luke 1-3
	☐ 2 Timothy 1-4	Philippians 1-4
1-4	☐ 1 Timothy 4-6	Ephesians 4-6
	☐ 1 Timothy 1-3	Ephesians 1-3
	☐ 1 Thes. 5, 2 Th	Galatians 3-6
		2 Cor. 12-13, Galatians 1

## **Month Three**

Acts 22-24	☐ John 12-14
Acts 25-28	☐ John 15-18
Hebrews 1-3	☐ John 19-21
Hebrews 4-7	☐ 1 John 1-3
Hebrews 8-10	☐ 1 John 4-5, 2 John
Hebrews 11-13	☐ 3 John, Jude
James 1-4	Revelation 1-4
James 5, 1 Peter 1-2	Revelation 5-8
1 Peter 3-5	Revelation 9-11
2 Peter 1-3	Revelation 12-15
John 1-4	Revelation 16-19
John 5-7	☐ Revelation 20-22
John 8-11	