

Sunday, February 1, 2015



... Bowl Moments

How to use Talk It Over:

Talking through the message during the week helps you turn what God is saying to you into action steps. Begin with the key questions and then wrap up by deciding on your next steps. You can use this study guide with your small group, your family, or on your own.

Key Questions:

- Where do you find yourself most longing for instant gratification? As in "I want this now and I don't want to wait"...
- When you are hurting or wanting to hide/numb yourself to life around you, what do you do? (eat too much, eat not enough, TV, alcohol, drugs, pornography, etc.)
- When you think of those things you do either for instant gratification or for numbing/running from life...what might be a healthier way of working through challenges?
- Ask God this week to come to you with his strength and his forgiveness and help you resist the urge to run away or self-indulge on things less than what he desires for you.

Reading for this week:

Monday: Hebrews 10:19-25

Tuesday: 2 Timothy 3:16-17

Wednesday: Proverbs 3:1-3

Thursday: Hebrews 12:1-3

Friday: Isaiah 40:28-31