



Life Group Lesson

Lesson #5

"Our posturing of our hearts and minds to understand who God is and whose we are is critical for our identity and future." (Pastor John) Hebrews 12:1-3 says,

*"Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles, and let us run with perseverance the race marked out for us. **Let us fix our eyes on Jesus, the author and perfecter of our faith**, who for the joy set before him endured the cross, scorning its shame, and sat down at the right hand of the throne of God. **Consider him who endured such opposition from sinful men, so that you will not grow weary and lose heart.**"*

The author of the book of Hebrews reminds us that we are part of a community of believers that dates back thousands of years, which affirms the faithfulness of God in what He is doing and able to do in our lives, and we belong to Him and each other. We are also exhorted to keep our eyes on Jesus and let who He was, and is, to show us how to walk our journeys on earth with faith and trust.

Looking Back

FAMILY TIME (20 min)

- Vision Statement: Have a group member explain the vision of your lifegroup. Invite another group member to share your vision piece next time.
- Intro Question: What is your most common or favorite way to engage with God?
- Prayer Requests, Praise Reports and Updates from previous week(s).



Look Up

WORSHIP (30 min)

- During this season, we want to spend more time engaging in God's presence. If you have somebody who can lead, we encourage you to invite them in to lead. If you'd like to use YouTube, here are the links to the Sunday worship set for the last two weeks - use the whole set or portion of it: **PRAISE -**

PLEASE ADD LINKS BELOW

June 27

July 4

* Encourage members to continue practicing different ways of engaging with their body and spirit using the 7 Hebrew Words of Praise ([found here](#)) - go through these with your group again if it's helpful.

**Encourage your group members to engage God's heart for one another during worship and share any affirmations or words of encouragement they receive with each other as Holy Spirit leads. One strategic way to do this on Zoom is through the private message function while worship is ongoing.

Bible Study: Passage - Psalm 103 (NIV)

¹ Praise the LORD, my soul; all my inmost being, praise his holy name. ² Praise the LORD, my soul, and forget not all his benefits - ³ who forgives all your sins and heals all your diseases, ⁴ who redeems your life from the pit and crowns you with love and compassion, ⁵ who satisfies your desires with good things so that your youth is renewed like the eagle's. ⁶ The LORD works righteousness and justice for all the oppressed. ⁷ He made known his ways to Moses, his deeds to the people of Israel: ⁸ The LORD is compassionate and gracious, slow to anger, abounding in love. ⁹ He will



not always accuse, nor will he harbor his anger forever; ¹⁰ he does not treat us as our sins deserve or repay us according to our iniquities. ¹¹ For as high as the heavens are above the earth, so great is his love for those who fear him; ¹² as far as the east is from the west, so far has he removed our transgressions from us. ¹³ As a father has compassion on his children, so the LORD has compassion on those who fear him; ¹⁴ for he knows how we are formed, he remembers that we are dust. ¹⁵ The life of mortals is like grass, they flourish like a flower of the field; ¹⁶ the wind blows over it and it is gone, and its place remembers it no more. ¹⁷ But from everlasting to everlasting the LORD's love is with those who fear him, and his righteousness with their children's children - ¹⁸ with those who keep his covenant and remember to obey his precepts. ¹⁹ The LORD has established his throne in heaven, and his kingdom rules over all. ²⁰ Praise the LORD, you his angels, you mighty ones who do his bidding, who obey his word. ²¹ Praise the LORD, all his heavenly hosts, you his servants who do his will. ²² Praise the LORD, all his works everywhere in his dominion. Praise the LORD, my soul."

Questions:

Take a few verses at a time and ask the questions below. Do not feel pressured to finish the whole psalms in one meeting. Feel free to do a portion of it and encourage members to go through the rest in their facetime.

- *What do we learn about who God is?*
- *What do we learn about who we are and whose we are?*
- *What else stands out to you that are important truths that will help you not to grow weary and lose heart on the journey?*



Looking Forward

- 1) In smaller groups, share which truths that came up during the Bible study time speak to you the most and why. Is there a particular situation in your life right now you want to apply that truth and/or speak that truth into it?
- 2) Similar to what we have done in the last two Sunday services, take what have come up as you reflect on the verses above and turn them into prayer & praise (in small groups).
- 3) If you didn't finish the whole Psalm 103 in your meeting, encourage members to finish it at home and then share with each other through texts or at next meeting.
- 4) Encourage members to check out various resources we are posting each week for this series at <https://epicentre.org/resources>. Ask them to try out some of them, and come back and share how God met them as they create more space to encounter Him.

Kids Lesson

Bible Study: Passage - Psalm 103:1-5b (ICB)

- 1 All that I am, praise the Lord.
Everything in me, praise his holy name.
- 2 My whole being, praise the Lord.
Do not forget all his kindnesses.
- 3 The Lord forgives me for all my sins.
He heals all my diseases.
- 4 He saves my life from the grave.
He loads me with love and mercy.
- 5 He satisfies me with good things.



Questions:

- *What are some declarations we find in this passage that talks about God's Goodness?*
- *Did any of these declarations catch your attention?*
- *Why do you think in v. 2 it's written to not "forget" all his kindness?*
- *What do you think happens to us when we "forget" valuable attributes of God?*

We are called to worship/praise God with everything! It's quite a statement but it's also a truth statement because God is that good! Sometimes to get into that very place of worshipping/praising God with everything it helps to remind ourselves and even declare attributes of God's goodness over our lives. As we remember ways God has shown His goodness it'll begin to impact our hearts, minds, emotions and spirit. As that begins to stir, don't be surprised to see yourself praising God with your whole being :) Sometimes we just need to stop and remember the kind of God He has been and the kind of God He will always be for us.