

**FAMILY LIFE CHURCH OF THE VALLEY
RIVERSIDE COUNTY**

TITLE: 40 DAYS IN THE WORD

SESSION TWO: PICTURE IT!

**MEMORY VERSE: OPEN MY EYES THAT I MAY SEE WONDERFUL THINGS IN YOUR LAW
PSALM 119:18 (NIV)**

Picture It!

Every person in the world has exactly the same amount of time each week: 168 hours. You don't have time for everything; you have to make time for things that really count.

"Seek first his kingdom and his righteousness, and all these things will be given to you as well."
Matthew 6:33 (NIV)

FOUR PRIVILEGES OF A QUIET TIME

- We give _____ to God.
 - ◆ God _____ our devotion.
 - ◆ God _____ our devotion.

"Here I am! I stand at the door and knock. If anyone hears my voice and opens the door, I will come in and eat with him, and he with me."

Revelation 3:20 (NIV)

- We get _____ from God.

Show me your ways, O Lord, teach me your paths; guide me in your truth and teach me, for you are God my Savior, and my hope is in you all day long.

Psalm 25: 4-5 (NIV)

Trust in the Lord with all your heart and lean not on your own understanding; in all your ways acknowledge him, and he will make your paths straight.

Proverbs 3: 5-6 (NIV)

40 DAYS IN THE WORD SESSION TWO (cont.)

- We gain _____ in God.

You fill me with joy in your presence.

Psalm 16:11 (NIV)

I consider everything a loss compared to the surpassing greatness of knowing Christ Jesus my Lord

Philippians 3:8 (NIV)

- We grow _____ God.

FOUR ESSENTIAL ELEMENTS OF A QUIET TIME

- Start with the proper _____.
- The Lord does not look at the things man look at. Man looks at the outward appearance, but the Lord looks at the heart.
1 Samuel 16:7 (NIV)
 - Come with _____.
 - Come with _____.
 - Come with _____.
 - Come with _____ to obey.

- Select a specific _____.
 - The best time is when you _____.
- Choose a special _____.

Jesus went out as usual to the Mount of Olives, and his disciples followed him.

Luke 22:39 (NIV)

- Follow a simple _____.

SIX STEPS FOR A QUIET TIME

- Wait _____.
- Pray _____.

40 DAYS IN THE WORD SESSION TWO (cont.)

Search me, O God, and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me, and lead me in the way everlasting.

Psalm 139: 23-24(NIV)

Open my eyes that I may see wonderful things in your law.

Psalm 119:18 (NIV)

- **Read** _____.
- _____ **and** _____.
- **Write down** _____.
- **Have** _____.

Give all your worries and cares to God, for he cares about you.

1 Peter 5:7 (NLT)

THE "PICTURE IT!" METHOD OF BIBLE MEDITATION

This method works best when you're reading a narrative passage, story, or parable.

- Try to picture the biblical scene in your mind. See yourself as one of the active participants. Ask yourself, "How would I feel if I were involved in this situation? What would I say? What would I do?" Then see yourself as a different character in the story and ask yourself the same question again.
- Next, ask yourself, "With whom in the story do I identify most, and how does their situation apply to my life right now? What is God trying to say to me? What does he want me to do?"
- Then take a few minutes to write down your thoughts, observations, questions, and any action steps you need to take.

When you start picturing a scene, Scripture comes tremendously alive to you and you see it in a whole new light.

40 DAYS IN THE WORD SESSION TWO (cont.)

DISCOVERY QUESTIONS

AS Rick suggested, practice the **Picture It!** method of Bible meditation, using the account of the paralytic from Mark 2.

A few days later, when Jesus again entered Capernaum, the people heard that he had come home. 2 So many gathered that there was no room left, not even outside the door, and he preached the word to them. 3 Some men came, bringing to him a paralytic, carried by four of them. 4 Since they could not get him to Jesus because of the crowd, they made an opening in the roof above Jesus and, after digging through it, lowered the mat the paralyzed man was lying on. 5 When Jesus saw their faith, he said to the paralytic, "Son, your sins are forgiven."

6 Now some teachers of the law were sitting there, thinking to themselves, 7 "Why does this fellow talk like that? He's blaspheming! Who can forgive sins but God alone?"

8 Immediately Jesus knew in his spirit that this was what they were thinking in their hearts, and he said to them, "Why are you thinking these things? 9 Which is easier to say to the paralytic, 'Your sins are forgiven, 'or to say, 'Get up, take your mat and walk'? 10 But that you may know that the Son of Man has authority on earth to forgive sins..." He said to the paralytic, 11 I tell you, get up, take your mat and go home." 12 He got up, took his mat and walked out in full view of them all. This amazed everyone and they praised God, saying, "We have never seen anything like this!"

Mark 2: 1-12

Which of the people in the story do you most identify with? Each of you choose one of the following:

- **Picture yourself as the man on the mat...**

What must it be like to be so helpless? Is there an area of your life where you feel paralyzed right now—with fear, indecision, self-doubt, guilt, or sorrow? Who do you need to ask to help bring your need to Jesus in prayer?

- **Picture yourself as one of the men on the roof...**

What kind of faith and determination did it take for them to do what they did? Who do you know that needs your help right now? Who needs you to pray for them? Who needs your help finding their way to Jesus? What is blocking your way?

40 DAYS IN THE WORD SESSION TWO (cont.)

- **Picture yourself as the homeowner...**

Have you ever been inconvenienced by someone in need? In light of the man's healing, was it worth the trouble you were put through?

- **Picture yourself as one of the people in the crowd...**

Why did you come to the house? How do you feel about the guy who just cut in line? What have you seen Jesus do in other people's lives and how has it strengthened your faith?
