

# WEEK 4

## THE WORD

### WARMUP

What songs did you use on your playlist? How did your time in private worship go? Was there any part of last week's worship service that stood out to you?

How did your memorization of Psalm 100:1-3 go? As a group, spend a few minutes walking through the Psalm again for encouragement and refresher.

### WATCH

As a group, watch this week's video: *The Word*.

### WORKOUT

Read Psalm 119:1-16

- Have you ever tried to memorize Scripture? How did it go? What was the purpose of it for you?
- What's the underlying desire of the Psalmist?
- What does it mean to meditate on and delight in the Lord's ways?
- What does it mean to seek the Lord with your whole heart? What does it look like to learn and keep His ways?

Read 1 Peter 2:2-3

- What do you long for or desire most? How can you cultivate a deeper desire for spiritual milk (The Word)?
- What does spiritual milk do for a disciple?
- Have you tasted the goodness of the Lord? How did He save you and what did He save you from?

### PRAY

Spend time in prayer, asking God to give you a hunger and thirst for His Word. Pray for focus and delight as you read, study, and memorize the Word. Pray that the Word would be kept (guarded) in your heart and life.

### REPS

This week, read Psalm 119:1-176. Write out as many action verbs and descriptors about the Word as you see.

Spend time in prayer, thanking God for the Word and the great value it has in your life.

Memorize Psalm 119:34-35.

Take a few minutes, personally, to reflect and jot down the answers to these questions:

- How has the series been going for you so far? Is there anything that God has been revealing to you from it?
- What disciplines, that we have covered, are you delighting in? Which disciplines have you struggled to put into practice?