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I will bless the Lord who advises me;
even at night I am instructed
in the depths of my mind.
I always put the Lord in front of me;
I will not stumble because he is on my right side.

- *Psalm 16:7-8 (CEB)*

There are 24 hours in a day, and 7 days in a week. That is 168 hours in every week. Many followers of Jesus spend one of those hours in worship, devoting one hour to God. What about the other 167? Are they holy? Are they focused on our relationship with Jesus? What does it look like to live a life where all 168 hours are lived knowing the presence of the Holy Spirit? With the help of the wisdom literature of the Old Testament, let's explore how we're invited to experience the presence of God in the other 167 hours.

MAY 7**PRAYING EVERY MOMENT HOLY****Psalm 145**

As the people of God lost the Temple to destruction by other empires, and many of them found themselves in exile, they needed a way to know God's presence. In the wisdom literature of the Bible, God provided tools for that very purpose. The Psalms are prayers and songs that call us to let every moment, every experience, every word and act be offered to God.

Prayer is a gift that allows us to see and experience every moment of every day as holy, imbued with God's presence.

MAY 8-13

Monday	Read Psalm 145:1-2. How do you exalt and praise God with your life outside of Sunday worship?
Tuesday	Read Psalm 145:3-7. In what ways do you, or can you, "meditate" on God's "wonderful works" (NIV)?
Wednesday	Read Psalm 145:8-9. How have you experienced God's grace and compassion in your life?
Thursday	Read Psalm 145:10-13. Why is it important to pay attention to what God is doing and share what we know and see with others?
Friday	Read Psalm 145:14-16. What helps remind you that God is present with you and that God provides everything you have and need?
Saturday	Read Psalm 145:17-21. How can you make time and room in your life to "call on" the LORD regularly (NIV)?

CIRCLE Study Questions:

1. If you were going to write a psalm of praise to God, what would you include?
2. In the message, Carolyn shared that Psalm 145 is an acrostic, a writing device used to express God's desire for us to know His loving presence in every part of our lives. In what parts of your life do you claim and know the fullness of God's loving presence?
3. In your life, what gets in the way of knowing God's presence in any given moment?
4. What is one step you could take to claim more moments of your life as holy and to live more fully in God's loving presence?

FaithFit Challenge:

This week, create an acrostic of the alphabet (A through Z) and use it to record holy moments in your life. As you experience the week and pay attention to God's presence, write down for each letter something for which you are thankful, a way you experienced God's presence, or how God showed up during your day or night. Try to complete the acrostic with something for every letter by next Sunday.

MAY 14**WISDOM IN YOUR POCKET****Proverbs 3**

In the time of Babylonian exile, God's people had a tool to navigate life in the absence of Temple worship: Wisdom. The wisdom of those who had come before was collected, scholars believe by King Solomon, in what we know today as the Book of Proverbs. The lines of short sayings served as a guide to navigating daily living, decision making, and relationships, as reminders to carry the wisdom of God into every aspect of life.

The gift of wisdom is meant to be a constant presence in our lives, providing a guide for living in God's grace in every moment.

MAY 8-13

Monday	Read Proverbs 3:1-4. What makes someone wise, and how can we live everyday life guided by God's wisdom?
Tuesday	Read Proverbs 3:5-8. What does it mean to you to "trust in the LORD with all your heart" (NIV)?
Wednesday	Read Proverbs 3:9-12. How do we honor the LORD with our wealth, and what does it mean today to offer our "firstfruits" to God (NIV)?
Thursday	Read Proverbs 3:13-18. How can living by God's wisdom lead you to a more peace filled and hopeful life?
Friday	Read Proverbs 3:19-26. What is the relationship of wisdom and fear in your life? Do you find more wisdom means less fear? Why or why not?
Saturday	Read Proverbs 3:27-35. What wisdom does the Bible offer about daily living in community?

CIRCLE Study Questions:

1. What proverbs, quotes, or wisdom sayings are guides in your life? (Examples: Never give up. Love God and neighbor. Practice makes perfect. Look before you leap.)

2. Where do you go to find wisdom?

Who are the voices that speak wisdom and truth to you today?

3. In the message, Pastor Brian suggested the wisdom of the Proverbs offered an alternate guide for living a good life, challenging cultural systems grounded in wealth, power, selfish ambition, and the honor and shame system of the time. How does God's wisdom for living a good life compare to other cultural voices and systems today?

4. How could you carry God's wisdom with you into each day, letting it guide the daily decisions and actions of your life?

FaithFit Challenge:

This week, carry a 167 Wisdom Card with you wherever you go. When you're making a decision, or find yourself stressed, grab the card and use it to connect to God's wisdom.

MAY 21**WORK & PLAY****Ecclesiastes 2:24-26**

Where does one find purpose and meaning in life? In our work. In pleasure. In play. Humanity spends a lot of time, effort, and conversation about finding meaning and purpose, or living a life that leaves a mark on the world. Bookstores are filled with stories and self-help guides that promise answers. So we may be surprised to find The Book of Ecclesiastes says all of life is meaningless – the work, the play, even the thought we might leave a mark. But Ecclesiastes also says something else. Our purpose is to live for God, and meaning comes in this truth. Give it all to God – work, play, pleasure – and in this all aspects of our lives take on meaning.

Our purpose is to glorify God and enjoy God’s presence in every thing we do.

MAY 22-27

Monday	Read Ecclesiastes 2:1-3. What things in life do you think are “good for people to do” (NIV)?
Tuesday	Read Ecclesiastes 2:4-11. What things in life have you thought would make you happy, but in the end seem to have little meaning?
Wednesday	Read Ecclesiastes 2:12-16. What do we gain by being wise?
Thursday	Read Ecclesiastes 2:17-23. Does our legacy, what we leave to the next generation, matter? Why or why not?
Friday	Read Ecclesiastes 2:24-26. What gives life purpose and meaning?
Saturday	Read Ecclesiastes 12:9-14. How would you sum up the wisdom you have gained in your life of faith to share with the next generation?

CIRCLE Study Questions:

1. What are the things we put great effort and importance to in our lives that, in the scope of eternity, don’t matter all that much? What parts of your life can feel meaningless?
2. What does the world tell us is most important for meaning and purpose of life?
3. In the message, Pastor Brian shared that while on the surface Ecclesiastes seems incredibly depressing, the core message is that living for God, or to please God, gives everything meaning. How does living in a way that pleases God bring meaning and purpose to one’s life?
4. How can you approach your work and play in a way that finds joy and love, meaning and purpose, in the ordinary and everyday routines of your life?

FaithFit Challenge:

For each day of the week ahead, write down one way that you can please God in your work or play. (Examples: help a coworker, share an invitation to do something fun, write a note, pray for a friend.) Each day, follow through on your listed action.