

## **Week Nine: *The Path of Adventure***

### ***John 10:10***

#### **Spend FIFTEEN – Day One**

1. If an unbelieving friend asked you, “What’s the purpose of faith?” or “What promise does God make to his people?” how would you answer?
2. This is a broad question, with a whole range of possible answers. What does your answer reveal about your own priorities within your faith?
3. One common modern answer to the point of faith is “to be saved.” But it’s interesting to see a different emphasis when Jesus answered the question. Look up John 10:10. Why does Jesus say that he came to earth?
4. Is his answer different than or similar to your original answer?
5. Would you say that your own life often feels “abundant” (ESV, KJV), “full” (NIV) or “rich and satisfying” (NLT)? Why or why not?
6. How does Christ’s promise affect your own goals for your faith life?
7. End your FIFTEEN by praying that Christ’s joyful promise would come true in your own life. Ask God for the abundant life he promises you.

#### **Spend FIFTEEN – Day Two**

8. In one scene in *Monty Python and the Holy Grail*, God is cranky with King Arthur: “One thing I can't stand, it's people groveling.... And don't apologize. Every time I try to talk to someone, it's 'sorry this' and 'forgive me that' and 'I'm not worthy'.... It's like those miserable Psalms—they're so depressing.” How closely would you agree with this assessment of the Psalms?
9. There are certainly some psalms for which this criticism is fair. But there are many others that aren’t like that at all! Read Psalm 145:1-9. What is the tone of this psalm?
10. Celebration is an integral part of the Christian life! What are ways that you generally celebrate God’s goodness in your life?
11. Look again at verses 4-5. What are the “works of God” in your life that you would want to make sure to tell the next generation about?

12. In what ways do you “meditate” on these wonderful acts of God? How do you keep yourself mindful of the things he’s done that are worth celebrating?
13. Commit for the rest of the week to taking a few minutes of each day to write down something that you’re thankful for God doing in that day. See how this habit of celebration makes a difference in your life!
14. Begin this new habit by finishing your FIFTEEN by praying and giving thanks to God for something good that he’s done in your life this week.

### **Spend FIFTEEN – Day Three**

15. If someone offered you a month-long, all-expenses-paid vacation, but you had to go by yourself and be alone the whole time, would you do it? Why or why not?
16. Alone time is good and necessary, but for most people, such an opportunity would lose its luster if it couldn’t be shared with someone. What do you think it is about vacations and positive experiences that is better when shared?
17. The Bible underscores this truth. Read Isaiah 25:6-9. What metaphor does this passage use for God’s promised salvation?
18. What would you say are the key ingredients for a *good* feast?
19. How often do you and your Christian friends make time to simply celebrate together—with food and drink—the good things God is doing in your life?
20. How can you make plans to share and celebrate God’s goodness with someone else in your life? Make plans to create a communal “feast” opportunity with somebody important to you.
21. Conclude your FIFTEEN in prayer. Pray that God would bless your time of celebration and give you ever more reasons to celebrate his goodness to you.

### **Spend FIFTEEN – Day Four**

22. Think about when you’re in group settings. Have you ever felt the burden to be “the life of the party” or to “fill awkward silences”? Why is that?
23. Believe it or not, Jesus himself struggled with this as well. Read Mark 1:32-39. What were the crowds demanding of him?

24. What did Jesus do in order to recharge from having to be “on” for the crowd? How usual of a practice was this for him? (See Luke 5:16)
25. What is the value in getting off by yourself, away from everyone else except for God?
26. How easy is this to do in the current rhythms of your life?
27. Make a plan to carve out a time/place for some solitude each day, even if it’s only a few minutes in the bathroom!
28. Finish your FIFTEEN by asking God to show up in a big way in the spaces of silence and solitude that you create.

**Spend FIFTEEN – Day Five**

29. When was the last time you actually felt “hunger”?
30. Jim Gaffigan claims he hasn’t actually been hungry in 12 years! (<https://youtu.be/dnueGz3-xUw?t=41>) How well do you relate to his claim?
31. Skim Matthew 6:1-18. In this passage, Jesus reflects on three different spiritual disciplines. What are they?
32. Two of them are relatively common in Christian practice, but the third, fasting, is relatively unusual these days. Why might you guess that is?
33. But what does Jesus say the point of fasting is?
34. What would it look like to intentionally fast in order to help your focus on God? Try a few days’ worth of “half-day” fasting. Each time you feel a hunger pang, use it to turn your thoughts to what God is doing in your life.
35. Close your FIFTEEN by praying for God to work through your fasting moments to reveal himself more clearly to you.