

LIFE NOTES



MISSION HIGH SCHOOL | MAY 19/20

Day 1

Read) 2 Corinthians 7:8-11. Godly sorrow is productive - eagerness, longing, concern, readiness to see justice done. It brings us to a place of repentance.

repent

1. To feel remorse or self-reproach for what one has done or failed to do
2. To feel such regret for past conduct as to change one's mind regarding it
3. To make a change for the better as a result of remorse or contrition for one's sins.

This is glaringly different from worldly sorrow, which only feels bad when caught - and only feels bad about being caught.

Look) Search your heart for things that God would like you to feel sorrow about.

Journal) What is something that you have struggled with and genuinely repented of? What did it take to turn your life in a different direction?

Day 2

Read) 2 Samuel 11:1-17 & 27. David was in big trouble... He got Bathsheba pregnant. Her husband was gone, so everyone would know that she had been unfaithful. David began to spin a web of lies to get him out of this situation. The plan failed. Plan B was to kill Uriah. David had the power to stop this downward spiral at any time, but didn't. He felt no "Godly sorrow" - only worldly "I'm caught!"

Look) Are there things in your life that you cringe at the thought of being caught in? Identify these things and pray for the power and courage to repent.

Journal) Were you able to identify some sins that you are working to cover up? What does it look like to feel a 'good guilt' over these things?

Day 3

Read) 2 Samuel 12:1-13. Often times God uses someone in our lives to call us to a place of repentance. When we are blinded by our efforts to hide the sin, it is difficult to see what God would ask of us. It takes a lot of courage to tell a friend that something they are doing is sinful. It also takes a lot of courage listen to that friend and admit your wrong.

Look) Who are the 'Nathans' in your life? Identify friends that you trust to help you on this journey of faith.

Journal) Have you ever had someone point out a sin to you? An area that you needed to change? How did you treat them? Did it take some time to admit?

Day 4

Read) 2 Samuel 12:13-14. You are forgiven. Never forget that! You can never do anything that God won't forgive *but* there are consequences to our actions. Repentance doesn't mean things get easy - they will likely get harder first. Repentance does mean that you are growing and learning to live more like Christ.

Look) Find ways that God may be revealing Himself to you throughout today.

Journal) What are some consequences that you have had to deal with? How do you continue to glorify God through everything?

Day 5

Meditate) Read Psalm 32 all the way through. Now take a moment to stop, pray, and ask God to show you a word or truth that you need to know. Read through again, slowly. Pay attention to words or phrases that stand out to you. Take some time to reflect on these things. Remember them as you go about your day.

Journal) What things stood out to you? Why do you think that God wanted you to know this truth or word at this moment in your life?

Day 6

Look back over your notes for this week. What things have you learned about yourself? What things have you learned about God? Today, find a quiet place and spend some time in prayer and in silence.

O God, God, My Father, I have no words, no words by which I dare express the things that stir within me. I lay bare myself, my world, before you in the quietness. Brood over my spirit with your great tenderness and understanding and judgement, so that I will find, in some strange new way, strength for my weakness, health for my illness, guidance for my journey. This is the stirring of my heart, O God, my Father. Amen.

-Howard Thurman

DISCUSSION

Below are some discussion questions. Spend some time talking over some of these things with your leaders, friends and family...

- Discuss the difference between bad guilt and good guilt.
- Talk about the 'Nathans' that you have identified in your life. What is it about them that causes you to trust them with this task?
- What is something that you have genuinely repented of?
- Discuss some consequences that you have had as a result of sin. Was it easy or difficult to rely on God through these times?
- Was there a time this week that you really felt God moved in your life?
- Was there a time this week that you felt alone and wished He made himself known?

Connect with MISSIONHS

We would also love to hear your story - what are you learning and how are you growing closer to God and your MISSION family? Let us know on Facebook or by emailing Ryan at ryang@mission68.org