



Island Groups

Abide • Connect • Share

Week of January 12, 2025

JUST DO IT – WEEK 2

THE PRACTICE OF ABIDING – PART 2

(PSALM 90)

Welcome to our discussion guide for Week 2 of our "Just Do It" series, focusing on the practice of abiding in Christ. Let's make sure we are anchoring everything in prayer as we dive deeper into Psalm 90 and explore what it means to truly abide in God.

OPENING PRAYER TIME

To begin, let's devote the first 10-15 minutes of our meeting to prayer. This isn't a time for taking requests or catching up, but rather an opportunity for us to collectively focus our hearts on God and invite His presence and power into our discussion.

You might guide the group through prayer by offering prompts related to the passage:

- Praising God for His eternal nature and sovereign control
- Confessing areas where we have sought satisfaction apart from Him
- Thanking Him for the wisdom, love, and favor He offers when we abide
- Asking the Spirit to teach us to number our days and live fully for God's glory
- Praying for a deeper revelation of God's steadfast love that satisfies our souls
- Surrendering our plans and asking God to establish the work of our hands

Another (or an additional) option is to allow a time of silent reflection or to encourage members to voice simple prayers of adoration and surrender. Remember, prayer is the work that empowers everything else!



DISCUSSION

Begin the discussion by asking, "What stood out to you most from Sunday's message on abiding in Christ? What challenged or encouraged you?" In the story of Stonewall Jackson, we see a man who trusted God's sovereignty, even in the chaos of battle. How does his example inspire you to rely on God more fully? Where do you struggle to believe that God is in control?

Pastor Paul emphasized that a love relationship with God is the most important factor in our lives, impacting everything we do. How have you seen your relationship with God (or lack thereof) influence your attitudes, actions, and interactions recently?

Have someone read **Psalm 90:1-2**. What do these verses reveal about God's eternal nature? How should this shape our perspective in the day-to-day?

The sermon highlighted several key truths about God's character and reign: He existed before all things, created all things, sustains all things, knows all things, does whatever He pleases, orchestrates all things, rules over all, and controls all things. Which of these attributes is most comforting to you right now? Which is the most challenging?

Have someone read **Psalm 90:3-6**. What does this passage emphasize about the brevity and frailty of human life, especially in contrast to God's eternity?

Pastor Paul noted that these verses remind us that our time on earth is short, like a watch in the night or grass that withers. How does this reality challenge you to make the most of your days?

Ask someone to read **Psalm 90:7-11**. What do these verses teach about God's anger towards sin and the human condition? Why is it vital that we see our iniquities in light of God's holiness?

In response to our frailty and sinfulness, Moses prays in **verse 12**, "**So teach us to number our days that we may get a heart of wisdom.**" Pastor Paul emphasized that this means making the most of every day for God's glory, not just keeping a tally. How does numbering our days help us gain a heart of wisdom? What would it look like for you to live this week in light of eternity?

Have someone read **Psalm 90:13-17**. What does Moses ask of the Lord in these verses? Verse 14 says, "**Satisfy us in the morning with your steadfast love, that we may rejoice and be glad all our days.**" Pastor Paul taught that ultimate satisfaction is found in God's presence, not just His provision. Where are you tempted to find satisfaction apart from Christ?

In verse 17, Moses prays, "**Let the favor of the Lord our God be upon us, and establish the work of our hands upon us.**" How does this highlight our need for God's power and blessing in all we do? Share an example of how you've seen God work through your abiding.

The sermon outlined several postures essential to abiding: seeking God, relying on Him, waiting for Him, walking with Him, and surrendering to Him. Which of these do you want to cultivate more deeply, and what steps can you take?

Pastor Paul said, "***If you want 2025 to be your best year ever, it may not look like that from the outside, but if you give it to God, it will be.***" How does this encourage you to entrust this year to the Lord, even if it doesn't go according to your plans? What might it look like to "***give it to God***"?

The sermon gave several ways God's sovereignty makes a difference as we abide:

- 1. It gives us courage to face our days**
- 2. It helps us give thanks in difficult seasons**
- 3. It humbles us in our planning**
- 4. It deepens our confidence in Him**

How have you seen one or more of these play out in your own journey of abiding? In what area of life do you most need to trust God's sovereign control and perfect plans right now? How can we as a group encourage you to abide in Him here?

APPLICATION

Identify one or two areas of your life that you tend to compartmentalize from your relationship with God. Commit to surrendering these to Him daily this week.

Set aside intentional time each morning to abide in Christ through prayer and Scripture. Ask God to satisfy your heart with His love and align your days with His purposes.

Look for opportunities to bear witness to God's sovereign control and goodness to someone in your spheres of influence. Ask the Spirit for boldness and wisdom.

CLOSING PRAYER TIME

Take time to share prayer requests. Write these down and distribute them so the group can be praying throughout the week. Pray for the prayer requests shared, as well as:

- Praising God that He reigns supreme over every detail of our lives
- Confessing our self-reliance and asking God to teach us to abide
- Thanking Him for the joy, wisdom, and purpose found in His presence
- Praying for courage to trust Him in every circumstance
- Asking Him to establish the work of our hands for His glory

Close by reading Psalm 90:12, 14, 17 as a prayer of dedication. May we seek to abide in the Lord wholeheartedly this week, letting Him establish His favor and purposes in and through us for His glory!