



Discussion and Devotional Guide - Psalm 39:4-7

This resource can be used to guide your personal anchoring time throughout the week, a small group discussion, or even a one-on-one conversation.

READ

Begin by reading Psalm 39:4-7.

- As you read, note how the Psalmist writes about the brevity of life.
- Reflect on moments when life has seemed to go by really fast and others when it felt like the season would never end.
- What questions do you have after reading these verses?

REFLECT

YOUR DAYS ARE NUMBERED *Read Psalm 90:12.* Numbering our days is an interesting thought. We do not know how long our lives will be, but time sure does seem to fly. At the heart of this passage is that asking God to teach us how to count our days so that our days count.

- When in your life have you numbered your days as you waited in eager anticipation for something?
- On the opposite side of things, have you ever felt like you missed or wasted a season of life?
- How does numbering our days give us a heart of wisdom?

YOUR DAYS COUNT *Read Ephesians 5:15-16.* There is an opportunity cost to every decision and choice. Saying "yes" to one thing means saying "no" to something else. The question is, how will you respond to the opportunities that God provides.

- How does the hope of the Gospel change the way we count our days and make the most of every opportunity?
- There are less than 130 days left in 2020. What can you do to count your days and make the most of every opportunity in 2020 in these three areas?
 - Seeking God's Kingdom over our kingdom.
 - Fixing our eyes on Jesus and growing closer to him.
 - Telling others about Jesus.

PRAY

Begin your time of prayer by reading James 1:5. Read it slowly.

Now, use these verses to guide your prayer. To get you started...

FOCUS on the hope of the Gospel and God's redemption through Jesus.

THANK God for giving giving us the Spirit to lead us into wisdom and truth.

CONFESS where you have missed or wasted wise opportunities.

ASK God to give you wisdom to count your days and make them count.

***Keep going this week by reading these scriptures:**

Ecclesiastes 12:13-14

1 Peter 2:9

Matthew 28:18-20

2 Peter 3:8

