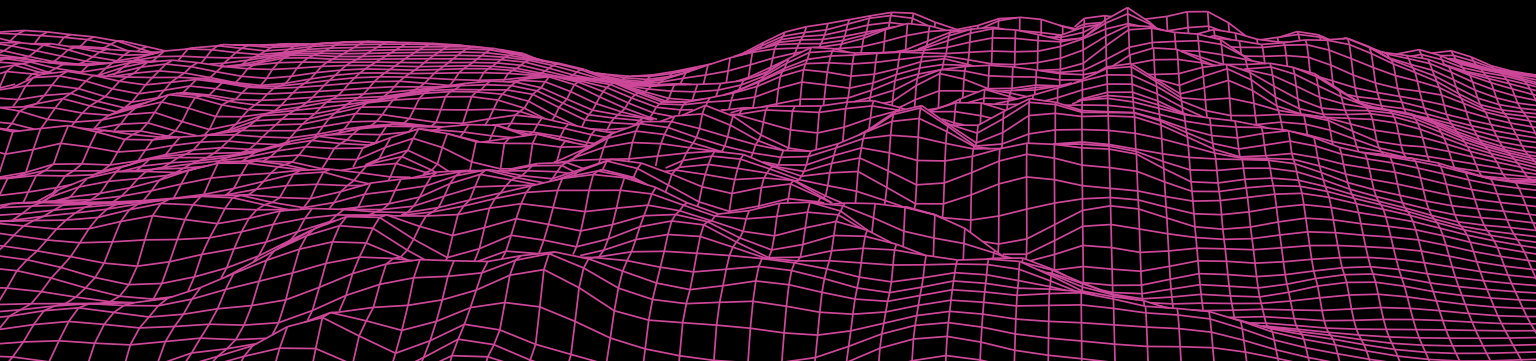


WEEK 5

STAY ON COURSE



LAUNCH PAD

Apollo 11 was the greatest navigational challenge in the history of exploration. If they were off by just a fraction of a degree, they would get way off course in a hurry. It doesn't take much to get lost. One of the biggest challenges in getting to where we want to go is good navigation and not getting off track. The dangerous thing about distractions is it doesn't need to be big to pull us off course. If we're not careful, a lesser thing can keep us from experiencing the best things in life and completing the mission God has for us.

- How good are you with directions? Do you naturally know where you are, or could you get lost in your own backyard?
- Describe a time where you got lost. What pulled you off the highway, hiking path, or route you were supposed to go?

LIFTOFF

WATCH THIS WEEK'S VIDEO.

Use the space below to take notes (or doodle, whatever works best for you).

STATUS REPORT

- Studies have shown that less than 25% of people stay committed to their New Year's resolutions after just 30 days, and only 8% wind up actually accomplishing their goals. Do those numbers surprise you? What makes it so difficult to stick with a mission?
- Describe a time where you were able to push through and complete a goal or resolution. What made the difference in helping you stick with it?

Read **Matthew 4:1-11**.

- How did Satan try to tempt Jesus? How would these things have kept Jesus from achieving what He first set out to do?
- Do you believe Satan exists? Why or why not? If you think he does exist, how do you think he tries to distract us today?
- Jeff said, "All Satan needs to do is keep us distracted by lesser things, and we will never live into the future God has for us." What is a "lesser thing" for you? What tends to pull you off course?
- What "lesser thing" might you need to jettison or do less of in order to stay on course? Do you need help?

Our world is full of distraction. It's easy for each week to fill up with noise, commitments, and projects. So, we're going to purposefully inject 15 minutes of quiet and reflection time focused on God. Go somewhere by yourself for these 15 minutes and do the **Diagnostic Activity** found on the next page. Then, come back, and we'll close up with a few questions.

- How easy was it for you to be still and quiet your mind for 15 minutes? How long did it take for you to feel less distracted (if at all)?
- Did God reveal anything to you in this moment of quiet and reflection? Share with the group.

Close in prayer. Ask God for His help in staying focused in a world full of distractions.

DIAGNOSTIC ACTIVITY

REFOCUSING THROUGH PSALM 23

One of the most beloved passages in Scripture is **Psalm 23**. It has helped countless people refocus in a world full of anxiety, stress, and distraction. Take 15 minutes to read page 45 and reflect on it. Read the psalm slowly. Take a breath. Then, read it slowly again.

What words resonate with you? What is God trying to tell you?

What does it mean for God to be your Shepherd? What path is He trying to lead you on?

Spend time in silence, asking God to speak. After a few minutes of quiet, write down anything you felt God saying to you.

Say a prayer to God. Thank Him for being your Shepherd. Submit your path to Him and His leading. Confess when you've tried to go your own way. Present your requests to Him.

The LORD is my shepherd, I lack nothing.

**He makes me lie down in green pastures,
he leads me beside quiet waters,
he refreshes my soul.**

**He guides me along the right paths
for his name's sake.**

**Even though I walk
through the darkest valley,
I will fear no evil,
for you are with me;
your rod and your staff,
they comfort me.**

**You prepare a table before me
in the presence of my enemies.**

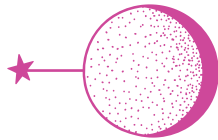
**You anoint my head with oil;
my cup overflows.**

**Surely your goodness and love will follow me
all the days of my life,
and I will dwell in the house of the LORD forever.**

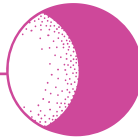


PSALM 23

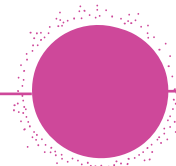
DAILY QUEST



DAY 1



DAY 2



DAY 3

READ PSALM 23:1

The LORD is my shepherd, I lack nothing.

REFLECT

What does it mean that God is your Shepherd?

READ PSALM 23:2-3

He makes me lie down in green pastures, he leads me beside quiet waters, he refreshes my soul. He guides me along the right paths for his name's sake.

REFLECT

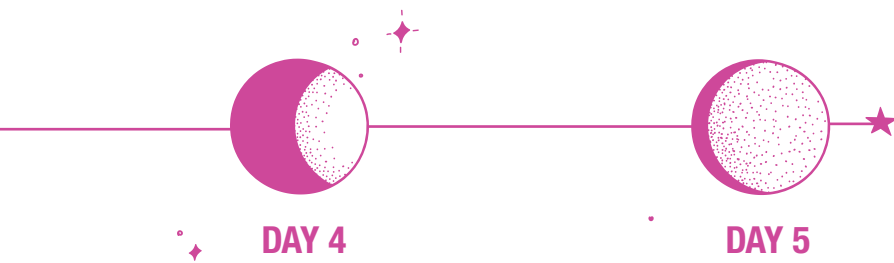
God wants you to flourish and find refreshment. It's where He'll lead if you let Him.

READ PSALM 23:4

Even though I walk through the darkest valley, I will fear no evil, for you are with me; your rod and your staff, they comfort me.

REFLECT

Are you in a dark valley today? God is with you. Give Him your fear and lean on His comfort.



READ
PSALM 23:5

You prepare a table before me in the presence of my enemies. You anoint my head with oil; my cup overflows.

REFLECT

Even if today is difficult, what is one way you see God's transforming power in your life?

READ
PSALM 23:6

Surely your goodness and love will follow me all the days of my life, and I will dwell in the house of the LORD forever.

REFLECT

Thank God for His goodness and love.

