

“What’s going on?”

+ Quincy can be a difficult place for young adults to thrive. It can be difficult to find community, to be encouraged, challenged, and inspired in their faith. At LifePoint we want to meet that need. If you are, or know of, a person that would consider themselves a young adult, Brady White will be starting a series entitled The Gospel, Culture, and Sexuality and we'd love for them to join us Thursday from 6pm-7:30pm at LifePoint.

+ Child Dedications - If you would like to participate in the dedication ceremony on June 2nd, please call or email Rachel Plattner (277-7772 or rplattner@lifepointqcy.org)

+ Women's Event - You are invited to our 2nd gathering with the women of LifePoint to pray and worship together. We hope that this will be an evening of encouragement and celebration, where we can build relationship with one another and with Christ. Come as you are! We can't wait to see you. 6:30-8:00pm, childcare and light refreshments available

M A T T H E W 5 : 6

I C E B R E A K E R

Question: What’s your favorite drink on a hot summer day?

Question: If you could choose one meal for your birthday, what would it be?

C E N T E R I N G F O C U S

To help us focus, we are going to practice contemplative prayer together while someone reads Psalm 46:10. Sit in a comfortable position, close your eyes, and begin taking slow deep breaths in and out. Try and imagine that God is currently speaking it over you.

The reader will say this phrase from Psalm 46:10 slowly, in descending order like this...

“Be still, and know that I am God.” (Pause for a deep breath)

“Be still, and know that I am God.” (Pause for a deep breath)

“Be still, and know that I am” (Pause for a deep breath)

“Be still, and know that I am” (Pause for a deep breath)

“Be still, and know” (Pause for a deep breath)

“Be still, and know” (Pause for a deep breath)

“Be still” (Pause for a deep breath)

“Be still” (Pause for a deep breath)

“Be” (Pause for a deep breath)

“Be” (Pause for a deep breath)

After a few moments, the reader can then close in prayer.

LAST WEEK'S CHALLENGE

Last week we practiced thanking God in the midst of daily frustrations and disappointments.

Question: Did you try this? How was it? Did you enjoy it or find it difficult? Please share your experience.

THOUGHT PROVOKING QUESTION

Question: What is one thing you thought you had to have, that ended up not bringing the satisfaction or joy you thought it would?

Question: What is one thing you want right now that you feel would make you happy?

ENGAGING WITH SCRIPTURE

Matthew 5:6 (ESV):

"Blessed are those who hunger and thirst for righteousness, for they shall be satisfied."

*The word *righteousness* is a weighty word, packed with so much theology. It's hard to pinpoint one or two verses that describe righteousness because it is so central to the character of God, yet spread throughout the entire Bible. For our purposes in this lead sheet, read the quotation below for help understanding righteousness.

"Righteousness is being pure in heart before God, who alone can see the heart."
-John Piper

Question: The word "self-righteous" often gets thrown around. What does it mean? In light of the definition above, how does "self-righteousness" differ from biblical righteousness?

Question: Our culture is obsessed with food. More than just needing food and drink to live, we crave, enjoy, and even idolize eating and drinking. What are you like when you are physically hungry and thirsty? What are some signs of someone who is starving or dehydrated?

Question: Now comparing to righteousness, do you crave intimacy with God like you crave food and drink? If not, what do the symptoms in your life show that you are craving instead?

“God has put eternity in our hearts and we have an inconsolable longing. We try to satisfy it with scenic vacations, accomplishments of creativity, stunning cinematic productions, sexual exploits, national sports extravaganzas, hallucinogenic drugs, ascetic rigors, managerial excellence, etc., etc. But the longing remains.”

-John Piper

Question: Think back to those things you had to have, achieve, or become thinking it would make you happy, but left you disappointed. Why don't these things satisfy? Why is it so much easier to desire the things of the world/flesh?

Question: Eating and drinking doesn't happen by accident. We recognize our hunger and thirst and we fix it. Similarly, hungering and thirsting after God will not happen by accident. What are some ways we can actively hunger and thirst for God?

“You made us for Yourself and our heart is restless until it rests in You.”

-Augustine

John 4:13-15 (ESV):

Jesus said to her, “Everyone who drinks of this water will be thirsty again, but whoever drinks of the water that I will give him will never be thirsty again. The water that I will give him will become in him a spring of water welling up to eternal life.” The woman said to him, “Sir, give me this water, so that I will not be thirsty or have to come here to draw water.”

**Context:* Jesus was passing through Samaria and stopped at the well to gather some water. Jesus approaches a Samaritan woman at the well and asks for a drink of water. Jesus engages her in conversation, which leads her to ask why he asked *her* for water. This conversation then leads to Jesus offering her the living water.

Question: According to this passage, which water will cause us to never be thirsty again? What do you think this water is referring to?

*The woman responded by asking Jesus for the water so that she didn't have to come back to the well. It seems as if she totally misses what Jesus is offering her. She took what he said literally and missed the power behind his offer.

Question: What are some ways that we substitute pursuing righteousness with religious activities, and miss the transforming power of Jesus' words? Name some of these "church/religious activities" and how we often see them as a checklist rather than a pursuit of intimacy with God.

Question: Jesus says when we drink of this water we will no longer be thirsty, but clearly we still have longings, hardship and suffering. So, what do you think Jesus means when he says we will no longer thirst? What does it mean for God to truly satisfy us?

"It is never too late to change your diet. Do you plan to eat tomorrow? Then why not plan to eat righteousness? Do you plan to drink tomorrow? Then why not plan to drink righteousness?" - John Piper

Question: How are you planning on "changing your diet"?

NEW CHALLENGE

Gratitude is being thankful to God, for all of the undeserved blessings in our life.

This week's challenge is to think of one person who has helped you grow in your relationship with Jesus, and spend time thanking God for them, and then thank them. Share with them how grateful you are to God for how He has used them in your life.