



Saturate Bible Study 5

Life with a Capital L

-Matt Heard

Scripture Reading:

Video 10: Psalm 67:1-2; Romans 8:14-15; Ephesians 4:32-5:2; 1 John 3:1,18, 1John 4:9-10

Video 11: Romans 12:9-19, Romans 13:11-14, Psalm 90:9-12, Prov 13:14

Life With a Capital L: Chapter 12,13

Warm-up

There are several books on Love Languages.

Which language most says “I love you” to you ?

- Words
- Touch
- Unexpected Gifts
- Time
- Listening (Emotional Support)
- Helping
- Meeting Material Needs

Part 1

Video 10: Be a Conduit of God's Love

Loving relationships - with God and other people - are a powerful catalyst of Life with a Capital L. God has poured his love into each of our lives. Will we let that love flow through us into the lives of people around us? Or will we hoard it? Will we be a pipe or a bucket?

1. Who or what has helped you to understand God's love for you?
2. Give your thoughts on the the analogy of love as a bucket or a pipe?
3. What are some common reasons for failing to pass on God's love to others? What challenges do we personally face? (What obstacle is there in your pipe that keeps love from flowing more freely?)

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4. Read 1John 3:11-18. List some of teachings here about love? Which challenges you?
5. What is one area you need to attend to in order to be more loving?

My Prayer

Make a pipe through which your love can flow. Release me from the things that stop me from fully experiencing and expressing your love.

Part 2

Video 11: Seize the Life for Your Days

“I call it life math: our lifetime is simply the sum of our individual days. Yet, too often, the way we spend our individual days is different than the way we want our life to turn out...A powerful way to ensure that we’re practicing healthy life math is to number our days.”

1. Read Ephesians 5:8-20. List the things to do and to avoid that can help us “seize the day”
2. What is an example of a missed opportunity in your life that you regret? What is an opportunity that you seized and that gives you satisfaction?
3. If we wanted to distinguish between what is important in life and what is not, how would we go about the discernment process?
4. What are some practical things a person can practise that can help them to experience “kairos” (significant moments) in the midst of chronic (the ordinary passage of time)

Homework:

Stephen Covey used this illustration to help us seize our days. He said picture your funeral and these people giving tributes: family member, friend, neighbour, work associate, person who has experienced a tough life that you know. What would you like them to say? What are you doing today to enable them to say that authentically? As a Christian, you might add one more person to the list: God. What would you like him to say about your life? (i.e. Acts 13:36)