

LIFEGROUPS

SPIRITUAL DEVELOPMENT MILESTONES

Growing and learning is part of a process. One area we often neglect is how we are developing spiritually. We might talk about it in vague terms, but rarely do we sit down and practically address ways to grow, and how to tackle some of the things which are hindering that growth. Spiritual Development Milestones are ways for us in our lifegroup to talk about things we want to address, and ways for the group to support one another in growth.

Read Psalm 105

1. Why does the Psalmist give so many examples of God's faithfulness?
2. How do you think people react to this Psalm?
3. Read v1, do you think that verse is a command? Are we supposed to do those things?
4. Read v3, how does someone "glory in his holy name?"
5. *"Remember the wondrous works he has done, his miracles..."* vs.5
Spend a few quiet moments reflecting on your past since you became a Christian, and draw a timeline of your walk, pinpointing some markers of when God revealed Himself through miracles or significant events.

Below is an example:

- Became a Christian
- God answered my prayer regarding my parents' salvation
- God spoke to me during a critical point during my bad breakup, the verse "Never will I leave you, never will I forsake you" cropped up several times during that period.
- God helped me deal with my addictions
- etc.

6. Has God been faithful to you? Please share with the group one or two markers/stories you previously wrote down.

7. In which areas of your spiritual life do you want God to help you grow in? Examples such as:

I want to pray more boldly; I want to be better about evangelising amongst my colleagues; I want God to teach me about compassion.

Using the following sentences might be helpful:

...Teach me about... ...Let me learn about...

...I'm challenged to...

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Leaders Notes

These notes are here as guidelines or commentary notes to help the leader. Let the Word of God lead you and your lifegroup to HEAR God's prophetic message this week as you explore His Word together.

A little context about Psalm 105

This historical Psalm was composed by King David. The first fifteen verses were used as a hymn at the carrying up of the ark from the house of Obededom. It was also used during worship to express gratitude, celebrating God's faithful dealings with his people during the course of the Exodus. Each member of the singing congregation would recognize that he is an heir and beneficiary of all these great deeds that God has done, as a reminder so that each one will embrace his calling to live as a member of God's holy people.

The first verses are full of joyful praise, and call upon the people to extol Jehovah, Ps 105:1-7; then the earliest days of the infant nation, are described, Ps 105:8-15; the going into Egypt, Ps 105:16-23, the coming forth from it with the Lord's outstretched arm, Ps 105:24-38, the journeying through the wilderness and the entrance into Canaan.

Psalm 105 recaps and focuses on things that display God's faithfulness.

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The aim of this exercise here is to share a little about the things God has done for us in the past, to get us to where we are today. It is important to highlight that looking back at our past gives us strength for the present, which in turn gives us hope to live in the future.