



# Lifegroup Curriculum: Cultivating a Lifestyle of Discernment

## Looking Back (15 mins)

### Family Time

1. Vision:
  - Vision Statement: Invite someone in your lifegroup to share what your Lifegroup's vision means to them.
  - Connect Question: What's a big decision you've had to make, and what/who helped you decide?
2. Check-Ins: Life updates from the previous week(s), prayer requests, praise reports.

## Looking Up

### Worship (~15 mins)

- [I Am Loved - Mack Brock](#)
- [When You Walk into the Room - The Torwalts](#)

### Bible Study (20 min)

#### Psalm 139:1-12, NLT

- 1 O Lord, you have examined my heart and know everything about me.
- 2 You know when I sit down or stand up. You know my thoughts even when I'm far away.
- 3 You see me when I travel and when I rest at home. You know everything I do.
- 4 You know what I am going to say even before I say it, Lord.
- 5 You go before me and follow me. You place your hand of blessing on my head.
- 6 Such knowledge is too wonderful for me, too great for me to understand!
- 7 I can never escape from your Spirit! I can never get away from your presence!
- 8 If I go up to heaven, you are there; if I go down to the grave, you are there.
- 9 If I ride the wings of the morning, if I dwell by the farthest oceans,
- 10 even there your hand will guide me, and your strength will support me.
- 11 I could ask the darkness to hide me and the light around me to become night—
- 12 but even in darkness I cannot hide from you. To you the night shines as bright as day. Darkness and light are the same to you.



- What verse stands out to you from this passage?
- What do we learn about God's character from this passage?
- Are there any ways this passage brings comfort or understanding for you right now?

## Activation Exercise: Daily Examen (10 min)

Daily Examen is a great way to tune into God's heart and grow in discernment as you process your life with God; today we'll do it together! Have someone read these steps out loud as everyone does it on their own. If you have journals/ paper you can write your reflections down. Afterwards, we'll process the experience in small groups.

1. Let's take 1 minute of silence to quiet down and become aware of God's presence.
2. As a silent prayer, ask God for light and awareness as you take time to reflect and notice His presence with you today. (1 minute)
3. Review your day and ask God to show you where He was present with you. Give thanks for those moments. (2 minutes)
4. Ask, "Holy Spirit, during this day, where have I moved away from your presence or your purposes for me? (where you didn't experience faith, hope, and love)." Ask for his forgiveness and healing and for the Spirit to show you what pulled you away from Him. (2 minutes)
5. Think ahead to tomorrow and ask for God's help: (3 min)
  - a. In a situation where it might be easy for you to feel insecure or doubt about being loved.
  - b. For you not be pulled away from his presence.
  - c. Close by thanking God for being with you today.

## Looking Forward (20 mins)

Gather in groups of 3-4, and discuss. End with praying for each other.

- What was doing the Daily Examen like for you? What was challenging about it?
- Pray for another and pray that God would activate discernment in all of us.

Check out [epicentre.org/resources](https://epicentre.org/resources) for ideas on how to do Facetime, hear God's voice, or try some Daily Examen guides on specific topics.