



EVERY DAY MATTERS

2 Corinthians 4:16-18

Discussion Questions: Week Two

1. This week, we continued our sermon series *Every Day Matters* by discussing the perfect day. The phrase “the perfect day” doesn’t mean there are no problems, traffic, or tantrums from your kids. It means you are following a plan that will allow your dreams and God’s dreams for your future to come true. The perfect day is when you use the time under your control to pursue the things that will allow you to grow and change into the person you and God desire you to be. Several years ago, I spent a good amount of time in prayer, developing my dream of who I wanted to become. This led me to develop what I call, “life goals.” Having Biblical life goals allows me to see what the “future me” should look like. With God’s help, we can create goals and daily habits to become that person. I have life goals that cover seven areas of my life. For example, I have a life goal for my relationship with God, my relationship with my wife, and my physical health. Take a moment to pray and then write here some areas of your life where you think having a life goal would be helpful.

Now, from your list, choose three areas you want to focus on. Make sure one of the three you choose is your relationship with God because that will be our focus for these discussion questions.

2. Take a moment and read; **2 Corinthians 4:16-18 - Therefore, we do not lose heart. Though outwardly we are wasting away, yet inwardly, we are being renewed day by day. ¹⁷ For our light and momentary troubles are achieving for us an eternal glory that far outweighs them all. ¹⁸ So we fix our eyes not on what is seen, but on what is unseen, since what is seen is temporary, but what is unseen is eternal.** What from this scripture immediately catches your attention?

One thing that stands out to me is that the Holy Spirit is inwardly renewing Paul and his companions day by day or every day. What does it feel like for you when the Holy Spirit inwardly renews you? Tell the story of a time when the Spirit inwardly renewed you.

How would it impact your life if you were inwardly renewed and refreshed by the Holy Spirit daily?

3. It is very unlikely that you will grow spiritually or be renewed daily in a random or accidental way. If you really want to grow, you need to develop the daily habit of seeking God. Do you agree? It seems that Jesus had the daily habit of seeking God. **Mark 1:35 - And rising very early in the morning, while it was still dark, He departed and went out to a desolate place, and there He prayed.**

When I use the phrase “daily habits,” I am speaking of the things we intentionally do every day to grow and change. I know there are bad habits, but in this case, I am only referring to the good ones. Many scientific studies have confirmed that our daily habits have the power to fundamentally change our physical health.

In a very similar way, daily habits have the power to fundamentally affect any area of our lives. This is one of the reasons that every day matters. What daily habits do you currently pursue? How successful are you at doing them every day? After hearing the message and working on these discussion questions, are there any other daily habits you are considering adding?

4. Adding a habit to our daily lives means changing what we do. To successfully add daily habits, we need to understand how people change. Tell the story of a time that you successfully changed something in your life for the better. In that story, how do you think you changed? I believe there are two essential ingredients for change. The first is to know what to do, and the second is maintaining the motivation and discipline (the how) to do it daily. For example, if the change you want to make is to become more physically healthy and lose weight, you need to know what to do, what to eat, the importance of exercise, and the necessity of staying hydrated. You also must maintain the discipline to keep eating healthy food, exercising, and drinking all the water you need.

If your goal is to save money, you need to know what to do, which usually involves creating a budget and understanding where you might begin to save. But you also need to maintain the discipline to stay on your budget every day and not buy the things you want but don't need.

Create your perfect day requires learning what to do and planning how you will do it. For example, in my perfect day, I spend an hour in prayer, worship, and study from 6 to 7 am. I learned what to do and planned when to do it. When it comes to your daily habit of seeking God, what do you plan to do, and when do you do it? Do you generally maintain the motivation to do it daily?

5. Let's talk about motivation and self-discipline. On this topic, I have great news. The Bible says **2 Timothy 1:7 (ESV) - for God gave us a spirit not of fear but of power and love and self-control.** When it comes to changing by adding or maintaining daily habits, the Holy Spirit that God has given us plays a huge role. As we see in the verse, the Holy Spirit gives us power. When trying to add daily habits, it is important to know we have supernatural power available to us, helping us make the right choices. The Spirit also gives love for one another, for God, and for the activities involved in our daily habits. When you attempt to add a daily habit such as exercise or studying the Bible, you may find that it initially feels like a chore you don't enjoy. Still, as you continue to do it daily, you begin to enjoy it and eventually love it. Have you ever found this to be the case?

The Holy Spirit also gives self-control or self-discipline. This is an essential realization; when you struggle to pursue a daily habit, you need to pray and ask the Holy Spirit to give you self-discipline. The Bible specifically points out that this is one of the things we should expect from the Holy Spirit. You should pray for the power, love, and self-discipline that you need and then start doing what you know you should do. The power, love, and self-discipline I need are made available by the Holy Spirit as I begin to do what I know I should be doing. Tell the story of a time that you didn't feel like doing the right thing but prayed and just began to do it. What was the result?

