

GodSense

Lesson 5 *(Principles 24-28)*

- I. Review Lesson 4 assignment

- II. Introduction
 - A. God is eternal; He is outside of time.
 - B. This moment is what eternity is made of.

- III. Hindrances to enjoying the moment
 - A. Fear

 - B. Worry

 - C. Regret

 - D. Pain

- IV. How to experience the now

A. Entrust yourself fully to God

Psalm 31:14-15

This study is based upon the book entitled *The GodSense Devotional* by Beverly Van Kampen. If you have any questions about this material or if you would like to know more about *GodSense*, please visit the author's website at www.beverlyvankampen.com.

ASSIGNMENT

Lesson 5

Bible study

Read the Luke 8:40-56 and answer the following questions:

- (1) What problem was Jairus facing? What emotions do you suppose he was experiencing?
- (2) What did he ask Jesus to do? How does his body language express his sincerity and his sense of urgency?
- (3) What circumstances made it impossible for Jesus to hurry to Jairus' house?
- (4) When the woman touched the hem of Jesus' garment, do you think he felt torn between Jairus' need and hers? Where did he give his focus after she touched him?
- (5) Why do you think it was important for Jesus to address the woman and not just to let her healing touch go unnoticed?
- (6) How do you suppose Jairus felt as Jesus was seemingly sidetracked into dealing with this woman?
- (7) How did Jesus solve Jairus' problem?

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- (8) Which of the two miracles in this account was more important? (Note: this is a trick question!)
- (9) What does this story teach us about living fully in the moment?

Journaling

Imagine that this is your last day on earth. Think about (a) how you might look with more awareness at the creation around you, (b) what you would want to observe for the last time about your home, (c) what you would take in from conversations with those close to you, and (d) how you would be sensing the presence of God. Then write down what you might do in your day-to-day life in order to experience each moment as fully as you would want to experience them if you were living your last day on earth.

Prayer

Spend some time in prayer asking God to give you a sense of the eternal in the present moment. Commit your time and your resources to the only One who knows the eternal significance of your conversations, your moment-by-moment choices, and your seemingly chance encounters. Ask Him to allow you to see all of your present moments in light of eternity.

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