

# GodSense

## *Lesson 5 (Principles 24-28)*

### TEACHER NOTES

I. Review Lesson 4 assignment

II. Introduction

A. God is eternal; He is outside of time.

*If all of time is on a line, God is the paper on which the line is drawn (Lewis). No past, no present, no future. No then and now. No first this, then that. All is present tense. Like an author writing a book and taking ours to write what is a moment for the character in the book.*

B. This moment is what eternity is made of.

*We cannot live tomorrow until it arrives; we cannot relive the past. We have only the now – let's not miss it!*

III. Hindrances to enjoying the moment

*Young children live in the now. What happened that we have lost that? What baggage do we carry that we need to put down?*

A. Fear

*About the future; for those we are responsible for and care about; for all that we cannot control; of failure; the most repeated command in the Bible is "fear not."*

B. Worry

*About making the right decisions; knowing God's will; completing all our tasks; being "found out"; being accepted/approved; performing well; world conditions; finances; war, health. Dealing with everything twice. 97 surgeries (one actual, 96 imagined).*

C. Regret

*Guilt about sins of the past; broken relationships; bad decisions; roads not taken.*

D. Pain

*Avoidance of: Keeps us from adventure, from risk taking, from abandonment to real life.*

*As a result of these hindrances, we do not experience life at its depths. We are going through the motions while thinking of something else.*

IV. How to experience the now

- |  |  |
|--|--|
| A. Entrust yourself fully to God<br><i>My times are in Your hands.</i> | Psalm 31:14-15   |
| i. Give Him your past  | Ephesians 4:22-24  |
| Confess sins   | I John 1:9   |
| Be healed  | James 5:16   |
| Be reconciled  | <i>to God</i> II Corinthians 5:20<br><i>to others</i> Ephesians 4:32 |
| ii. Give Him your future   |  |
| Trade worry for trust  | Matthew 6:25-34  |
| Trade anxiety for peace  | Philippians 4:6-7  |
| Give up control  | Jude 24-25   |

*NOW you can live in the present moment!*

B. Enjoy the life He has given

- i. Psalm 103

*List all the things in this psalm that God does in the present tense: forgives, heals, redeems, crowns, satisfies, works righteousness and justice, is compassionate, knows us, love. Does this list help us understand why joy is a natural by-product of a life that is given to God?*

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](http://www.beverlyvankampen.com).

ii. John 10:10

*The only way to have a full life is to fully live in the moments that we have. There is new significance given to the moments of our lives when God is in them. Eternity is brought to each present moment.*

C. Practice awareness

i. Intentional attention

II Corinthians 6:1b

The Message

*Simplify, eliminate distractions; focus on what people are saying, eye contact; force mind to pay attention.*

ii. Sensual consciousness

*What are my senses taking in right now? Temperature, smells, sounds, sights, tactile, taste.*

iii. Emotional inventory

*What am I feeling right now? Really feeling. Where do those feelings come from? Embrace them – don't run from them. Eliminate negative thought patterns.*

iv. Spiritual connection

I Peter 1:17

(The Message)

*Figure out ways to stay in constant touch with God – the eternal One; reminders, arrow prayers, internal communion.*

v. Grateful mindset

I Thessalonians 5:16-18

*What can I be thankful for RIGHT NOW?*

# 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? *His only daughter was very ill and dying; he was fearful for her, but hopeful that Jesus could help – maybe even desperate.*
- (2) What did he ask Jesus to do? How does his body language express his sincerity and his sense of urgency? *He asked Jesus to come to his house; he fell at Jesus' feet and pled with him.*
- (3) What circumstances made it impossible for Jesus to hurry to Jairus' house? *There were crowds pressing all around him; a woman touched his garment and experienced healing.*
- (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? *Jesus never seemed to be torn between two things; He always focused on the need or person in front of Him. He felt it necessary to call attention to her healing, so stopped His progress to Jairus' house to address her.*
- (5) Why do you think it was important for Jesus to address the woman and not just to let her healing touch go unnoticed? *She apparently had a condition that others knew about; maybe her full restoration socially required a public recognition of her healing. Maybe He wanted to reassure her that she was truly healed and that it was a given healing, not a stolen one. He blessed her with peace.*
- (6) How do you suppose Jairus felt as Jesus was seemingly sidetracked into dealing with this woman? *Impatient. Wanting Jesus to hurry to his daughter. Maybe resentful that an unknown woman would take attention away from him, a man of significant reputation in the community.*
- (7) How did Jesus solve Jairus' problem? *Although his daughter had already died, Jesus raised her from the dead.*
- (8) Which of the two miracles in this account was more important? (Note: this is a trick question!) *Only God knows the eternal consequences of these acts. Often*

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](http://www.beverlyvankampen.com).

*the sideroads of our lives are those that may have greater eternal importance than the main road we were traveling.*

- (9) What does this story teach us about living fully in the moment? *Do what is in front of us. Don't be so goal oriented that we miss opportunities for relationship and for service that are right in front of us. Don't be living for the future encounter; experience the one that is here and now.*

### 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.