

Summer Survival

Goals:

- To give encouragement and suggestions to aid spiritual growth over the summer break and beyond.
- To learn to plan ahead and set the stage for spiritual growth.

Brainstorming:

- What will your summer look like? Where will you be? Will you have Christian friends around?
- Is there a local church there you are planning to get involved in?
- Summertime can be an easy time to fall into Spiritual drought, backsliding, old sinful behavior, etc. What do you think might be challenging for you this summer?

Scripture: Read and ponder for a while. You might even take a few notes or do a SOAP.

Psalm 119:9-16: How can a young man keep his way pure? By living according to your word. I seek you with all my heart; do not let me stray from your commands. I have hidden your word in my heart that I might not sin against you. Praise be to you, O LORD; teach me your decrees. With my lips I recount all the laws that come from your mouth. I rejoice in following your statutes as one rejoices in great riches. I meditate on your precepts and consider your ways. I delight in your decrees; I will not neglect your word.

Ponder Together:

The psalmist in Psalm 119 touches on some intentional lifestyle choices that he's making to ensure that he has an active relational life with God.

- What are some of the intentional life style choices that the psalmist made?
- Why did he make those choices?
- How could these types of changes benefit your life this summer? What would they look like?
- Any ideas of ways to ease the transition to new surroundings in your own life?
- Any thoughts on how to encourage a healthy spiritual life?

Application:

- What can you do over the summer to intentionally work on your relationship with God?
- How will you guard yourself in those areas you might find challenging?
- Take some time to write out 2 - 4 ACHIEVABLE goals to help you continue seeking God and growing in your faith this summer.