

will see Christ in us and want a relationship with Him. There is something very attractive about joy, everyone wants in on it!

## Participation Guide

There is HOMEWORK each week. The expectation is that each participant

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In the pursuit of a life that glorifies God, we don't have to sacrifice the experience of joy.

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will complete four days of thoughtful interaction with the material. The goal of this course is not to simply get through the material, but to be transformed by what you are learning. This will happen only if you make this a priority for

the next six weeks.

The material in this course is laid out as follows:

**Day One:** Listen to a message that introduces and explains the major concepts that will be studied that week (except for Week 3).

**Days Two, Three and Four:** Read the material and interact by practicing the SMCC Method of Journaling (outlined below):

### SCRIPTURE (Bible reading)

Besides reading the material supplied to you, take time to read and contemplate the Bible passages that are used for that day.

### OBSERVATION

Find something from what you read that seems interesting or profound. Now think about it... deeply. Write it down. This observation could be your "ah-ha" moment while listening to or reading that day's material. When we meditate on God's word we invite the Holy Spirit to convince us of something that is important.

**Psalm 1:1-2** says "*Blessed is the one who does not walk in step with the wicked or stand in the way that sinners take or sit in the company of mockers, 2 but whose delight is in the law of the Lord, and who meditates on his law day and night.*"

### APPLICATION (Something I will believe or do)

When we meditate on Scripture, we naturally learn and appreciate something that we didn't know before about God, ourselves, or our world. We develop a conviction when we make what we read personal to our own life and situation. The idea of a conviction is that we take what we learn and ask the question, "So what? What are we going to do about what we have become convinced of?" A conviction is different from a preference in that **we are changed by our convictions**. I like what Jesus said in **Matthew 7:24-27** to anyone who will listen:

*"Therefore everyone who hears these words of mine and puts them into practice is like a wise man who built his house on the rock. The rain came down, the streams rose, and the winds blew and beat against that house; yet it did not fall, because it had its foundation on the rock. But everyone who hears these words of mine and does not put them into practice is like a foolish man who built his house on sand. The rain came down, the streams rose, and the winds blew and beat against that house, and it fell with a great crash."*

### PRAYER

The most important person that we can connect with each day is God. One way we connect is through prayer. A good discipline for all of us is to write down a short prayer:

...something you appreciate about God (perhaps something you learned from meditating on Scripture that day). This is an opportunity to be in AWE of God.

...something for which you are grateful.

...something you learned about yourself.

...something that you want to ask God to do for you.

Beyond the homework assigned and the group discussions that will take place each week, extra material can be found in the appendix.

## **When You Meet**

Each week, when you come together as a group (even if it is just you and a friend), be ready to participate. This material is designed for you to develop your own thoughts and convictions and then to share those with the group. The Leader is not there to teach you, but to encourage you to grow by engaging with the material.

Please go to the appendix and read the section on **“How To Be A Great Group Participant.”**

**Important:** Please visit [smccutah.org/livingfdfd](http://smccutah.org/livingfdfd) in order to access each week's video or audio sermon. Also, each week's daily reading can be accessed there as well.