



Bible Sunday: Introducing *lyfe*



Lyfe is a free, small group experience which takes people deeper into the Bible.

Lyfe groups spend time reading and reflecting on Scripture, and then select a relevant 'challenge' to experience throughout the week. In doing so, the group goes on a journey and together, they discover a deeper life with God.

The *lyfe* website has a wealth of resources for groups to use, tackling key themes such as prayer, living authentically, social action and connecting faith with everyday life. There are also lots of articles and supporting video interviews featuring Peter Greig, Dr Paula Gooder, Roy Searle and many others.

Inspired is a new sample *lyfe* session written for Bible Sunday. Why not try it out with your small groups – if you want to continue exploring *lyfe*, you can find over a year's worth of free resources at lyfe.org.uk

You might also be interested in these other *lyfe* resources ...

Written with Chris Duffett (President of the Baptist Union), *Big-Hearted lyfe* features six small group sessions based on Bible Society's *lyfe* 'experience' and Chris's big-hearted theme for his Presidential year. Each session includes reading and reflecting on Scripture, followed by a 'big-hearted' challenge to help us grow in love for God and for the people around us.



For sport fans and participants alike, *Sports lyfe* will help you connect with others, get deeper into Scripture and discover a new rhythm of spirituality and training for a deeper life with God.



Adapted from Renovare's *A Spiritual Formation Workbook*, this workbook features guidelines for starting a Spiritual Formation Group, study plans for the first nine sessions and a questionnaire that helps map the way ahead. Offering fresh perspectives on Christian faith and practice, *Life Streams* contains all the necessary ingredients to start and maintain a Spiritual Formation Group.



The above *lyfe* resources are all available from Bible Society via shop.biblesociety.org.uk

Discovering ways to share and be the Good News of Jesus Christ.



Being and sharing
the good news

WORD LYFE INSPIRED

When Paul reminds his co-worker Timothy that 'all Scripture is breathed out by God' (2 Timothy 3.16 ESV), he almost certainly has

had in mind the imagery of Genesis where God literally breathes his life into Adam (Genesis 2.4-7). The Bible, like no other book, has a breadth and depth to it – nothing else comes close to the power and beauty of Scripture, because God somehow breathes his life into these pages. However sometimes we fail to read the Bible as a God-inspired story, of which we are a part, because we come as theorists to analyse or dissect the text, rather than as friends of God to meet with him and be inspired.

READ

Read the passage several times through, read it slowly, use your imagination to picture the scene and soak it up. As you read, look out for one or two points that really impact you. We call these 'shockers' and 'blockers'. Shockers – something from the text that stands out or surprises you. Blockers – something that raises questions or you find hard to understand.

† Psalm 19.7–14

⁷ The Law of the LORD is perfect; it gives us new life.

His teachings last forever, and they give wisdom to ordinary people.

⁸ The LORD'S instruction is right; it makes our hearts glad. His commands shine brightly, and they give us light.

⁹ Worshipping the LORD is sacred; he will always be worshiped. All of his decisions are correct and fair.

¹⁰ They are worth more than the finest gold and are sweeter than honey from the honeycomb.

¹¹ By your teachings, LORD, I am warned; by obeying them I am greatly rewarded.

¹² None of us know our faults. Forgive me when I sin without knowing it.

¹³ Don't let me do wrong on purpose, LORD, or let sin have control over my life.

Then I will be innocent, and not guilty of some terrible fault.

¹⁴ Let my words and my thoughts be pleasing to you, LORD, because you are my mighty rock and my protector.

Contemporary English Verse - CEV

'Our souls will never grow in God if we read the Bible solely to get ammunition to defend ourselves or defeat others. No. We read the Bible to be fed. We read to be converted, to be strengthened, to be taught, to be rebuked, to be counselled, to be comforted.'

Richard J Foster *Streams of Living Water*

REFLECT

Take time to discuss what you've read and particularly the points that impacted you. share your thoughts and listen carefully to one another. Use the questions to help you reflect

Setting the scene:

- ▶ Attributed to King David, Psalm 19 focuses on creation and the Scriptures. Initially focussing on the universe, whose beauty and power remind us of our creator, to the words of God which bring joy and wisdom, instruction and understanding.
- ▶ Here the six uses of the word LORD indicate Yahweh, the revealed name of God.
- ▶ The word of God is perfect, sure, trustworthy and revives the soul. Like the sun (mentioned in v6), whose heat touches every nook and cranny so the Scriptures search the deepest, ever hidden parts of our lives – our only response to God is to ask forgiveness.
- ▶ Finally God is addressed not as our accuser or judge, but as our refuge and champion (redeemer) because, we like David, belong to God.
- ▶ What are the 'shockers' and 'blockers' for you in this passage?
- ▶ When have the Scriptures been like gold to you (see v10)? Take some time to discuss your favourite texts from the Bible and what they mean to you.
- ▶ Does the Bible in some way 'inspire' you? What other words would you use to describe your experience of the Scriptures?

RESPOND

As you have read and reflected on the passage, it's now time to consider how to respond.

Word lyfe challenge: As a group, create a challenge that will help you increase your enjoyment of the Bible this week.

Challenge ideas:

If you struggle to come up with your own challenge then why not try one of the following...

01 Psalm a day

Meditate on a Psalm each day this week. The Psalms are wonderful, real life prayers that help us to connect with God. Read them slowly, over and over and let them lead you into prayers for yourself and others.

02 The whole truth

Commit some time this week to reading a whole book from the Bible in one sitting, maybe one of the Gospels, or one of Paul's letters (including Galatians, Ephesians, Philippians, Colossians). See what difference taking in a whole book makes relative to a verse here or there. Sometimes we get by with bite-size snacks of the Bible – enjoy a full meal and feast on Scripture this week.

03 You've Got The Time

Over the next 40 days, you could commit yourself to listening to the whole of the New Testament! Bible Society's *You've Got The Time* resource enables you to listen to a dramatised reading of the New Testament. Download for free from biblesociety.org.uk and make a start this week.

Don't Forget

1. To record your experience of the challenge so that you can accurately share it with your *lyfe* group when you next meet. You might like to text/tweet each other throughout the experience!
2. Consider posting your created challenge on the *lyfe* facebook site for others to view.

More resources on 'Word Lyfe'

- Listen to video interview with Dr Paula Gooder on *lyfe* website
- Read article on 'Why Do We Read The Bible' by Chris Webb on the *lyfe* website
- Recommended reading *Storylines* by Andy Croft and Mike Pilavachi

GROUP PRAYER:

You might like to commit to praying for each person in the group this week as you look to immerse yourselves in the Scriptures more deeply this week.