

STUDY NOTES

THROUGH THE DESERT

a Series At New City Church

www.newcityphx.com/sermons

The following content is based on the message “Nourishment in the Desert” on 8/4/19 at New City Church in Phoenix, AZ. The following is not meant to be a full synopsis but rather a brief look at the main ideas. To use this Study Guide effectively you must listen to the message found at <http://newcityphx.com/sermons/>.

Leaders using these study notes for group study and reflection should read the Biblical text thoroughly before beginning, using this resource as assistance and not relying solely on this material for insight. We encourage all leaders to pray and ask the Spirit for revelation as they lead their respective community groups.

PRAYER

Pray and ask God to lead the discussion as everyone gets to share.

SCRIPTURE: PSALM 1:1-3

ESSENTIAL NOURISHMENT FOR GROWTH

We can find ourselves in a time of spiritual dryness. Things that used to make sense, don't anymore. The Bible can help us navigate through seasons like that. But not only that, the Bible can prepare us for seasons like that. Over and over in the Bible, we see how the Word of God is viewed as spiritual nourishment for our souls. We eat to nourish our physical body. We also have to “eat” to nourish our soul. Sometimes those pains from the desert are like hunger pains reminding you to nourish your soul.

The Bible provides what we need to grow and thrive.

- *In all honesty, how would you describe your Bible-reading habits?*
- *How do your Bible-reading habits relate to how you feel spiritually?*

Our soul is nourished when it is connected to God. We're not just getting some knowledge about God. We are getting to know Him. This is one of the primary ways that we hear from God. As the Bible speaks, God speaks. When we read the Bible, we are nurturing our relationship with God. We are connecting to Him.

Reading the Bible is primarily a relational activity rather than an academic one.

- *In your own words, describe how Bible reading should be a relational activity.*

RIGHT PERSPECTIVES IN THE DESERT

The Bible combats the lies we believe. There is great delusion when we're in the desert. We believe things that just aren't true. Our perspective often needs correcting for many reasons:

- We have believed lies about ourselves, the world, or God.
 - We often forget where we've been and how God has delivered us in the past.
 - We don't always understand what's going on inside of us (thoughts/motives).
 - We don't always understand/can't see the bigger picture.
- *Which of these perspectives do you struggle most with keeping the proper perspective?*
 - *How does the Bible combat those unhealthy perspectives?*

READ, STUDY, MEMORIZE

As we read the Bible, we draw closer to Jesus and see the world the way He sees it. So how do we read the Bible? Try starting with any of these three options.

READ. Start at the beginning of a book (Genesis, Mark, John, Ephesians). Don't get bogged down if you don't understand something you read.

STUDY. Go back and spend time in shorter passages answering the questions.

1. **OBSERVATION:** What is this Bible passage/verse actually saying?
2. **INTERPRETATION:** What does the passage/verse mean?
3. **APPLICATION:** How should I respond, think, or act differently?

MEMORIZE. Reflect on a particular verse or two. Allow the truth to plant itself in your mind. You want to be able to recite the verse as well as put it in your own words.

- *With which one of these three (read, study, or memorize) would you like to start?*
- *Set a goal to implement one of these three Bible-reading activities more in your life. Share that goal with the group.*
- *Pray for strength to keep your Bible-reading goal.*