

Weekly 4G Guide

CBC

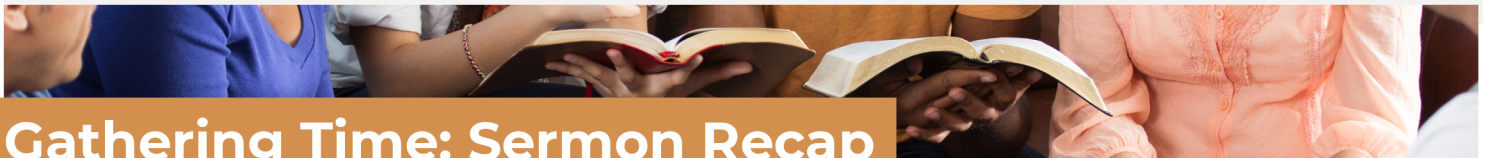
How to Use This Guide:

- **Read the Sermon Recap** by yourself (for devotions) or with your group. You can also watch the sermon on YouTube @CBCFamily.
- **Read the passage/s.** Look for truths, promises, and/or commands. Try to find the “who, what, when, where, why, and how.”
- **Group Time:** First, take turns reading the Scripture passage/s from the sermon, round-robin style, letting each person read one verse. Go around the circle until the whole passage has been read. Then, **utilize the Group Time** portion of this 4G Guide.

What's a 4G? A guide that covers:

1. Gathering Time (Sunday morning)
2. Group Time (for group meetings)
3. God Times (personal and family devotions)
4. Give Time (a prompt for reflection)

- **Personal God Time:** Use these each day to dive into the passages further and challenge yourself to apply the texts.
- **Family God Time:** Use these each week to dive into the passages with your family.
- **Give Time:** Ask your group, yourself, or your family what might be a good response to the sermon or text? How are you inspired to give of your time, talent, or treasure?



Gathering Time: Sermon Recap

Let's Sing a New Song

Today, Bishop preached the last message in the *Christmas Playlist* series where we have examined biblical “songs” (poetic prayers of praise) about the Savior. In today’s message, Bishop preached from **Psalm 40:1-12**.

Music and songs can both move us emotionally and move us to action. That’s the question for today: How will you respond to the biblical “songs” from the Christmas Playlist series? Psalm 40 is a good place to look to help us find the answer on what our response should be.

Psalm 40 is a psalm of David, probably written around the time he became king. In today’s sermon, Bishop looked at the first 12 verses. In verses 1-3, David tells us about how he waited patiently upon God (vv. 1-3), trusted in God (vv.4-5), was a willing servant (vv. 6-8), and proclaimed God’s greatness (vv. 9-12).

David went from crying out to God to waiting patiently for Him. Then, he praised God with a new song. What an example for us!

Sometimes in life, it feels like we are in the “slimy pit”, and we cry out to God to do something. We can be confident that the Lord always hear us. In His best way and best timing, the Lord bends down to secure our footing. That’s something to praise Him for, through words and deeds! Our patient waiting is a testimony of faith for a watching world.

We should be willing servants of the Father, just like Jesus Christ (Heb 10:5-7). This desire doesn’t come merely from a sense of following rules, but is our identity in Christ! The response to God’s faithfulness to us is the proclamation of His greatness—again, through both our words and deeds.

We must patiently and actively wait upon God, listening and trusting in Him. We can do this consistently through prayer, Bible reading, and Christian community. We praise God, looking for the transformation He has worked in our words and deeds, while trusting Him to continue to work in our lives. What is your “new song”? Sing it today!

Group Time: Questions

Conversation Starter

Ask: How did the Sunday sermon impact you personally?

Discussion Questions

Choose a track, mix and match, or do them all.

- **Track 1:** What is the main point of the passage that was discussed in today's sermon?
- What is the "who, what, when, where, why, and how" of the passage?
- What truths, promises, or commands are there to obey? As a group, make a list of what you find and pray for your hearts to align with God's Word.

- **Track 2:** How do you think non-Believers might respond to the truths, promises, or commands from the passage?

- Was there a time in your past when you wrestled with some of these truths, promises, or commands?

- How do the passages inspire you to share Jesus?

- **Track 3:** What are a few good responses that someone might make to today's sermon?

- When Believers apply God's Word, what are some positive influences on non-Believers?

- How will you apply this week's sermon and passages? What result do you hope for?



God Time: Personal

Use the sermon notes from our Gathering Time this week for your personal time with God. Use a spare notebook or your favorite device to journal your responses. Include prayer and application in your time with God!

- **Monday:** Read Psalm 40:1-3. Do you wait patiently on the Lord? Make a list of reasons why you can trust God.
- **Tuesday:** Read Psalm 40:4-5. What stands out? do you trust in God? What is God leading you to pray?
- **Wednesday:** Read Psalm 40:6-8 and Heb 10:5-7. Are you a willing servant like Christ? What is God leading you to do?
- **Thursday:** Read Psalm 40:9-12. What stands out? Do you proclaim God's Greatness? Who will you share with?
- **Friday:** Read Psalm 40:1-12. What stands out? Where do you see God working in your life? What are you prepared to do to grow deeper in your relationship with Him so He can work more in you?



God Time: Family

Parents: Familiarize yourself with sermon recap from our Gathering Time. Sum it up in a way your child can understand.

- Consider **reading** Psalm 40:1-3 from a children's Bible.
- Give a **summary** statement like, "God always hears us when we pray to Him—even when we feel like we are in a slimy pit. When we feel low, He lifts us up. He can fill us with so much joy that we feel like singing a new song of praise to Him!"
- **Ask:** Have you ever felt like you were in slimy pit? Have you felt low?
- **Say:** We all feel low sometimes, but God lifts us up. He can give us joy!
- **Activity:** Make a list (written or out loud) of the good gifts the Lord has given your family. Then pray, thanking Him for the joy the Lord gives. Now, head to YouTube and search for this song: "Psalm 40:1-2 Out of the Mud (Hand Motions)" by Seeds Family Worship. Enjoy learning a new song!

Give: *How does this week's sermon inspire you to give of your time, talent, or treasure?*