

# GOAT

GREATEST OF ALL TIME

A 6-WEEK STUDY GUIDE

6

**FOR  
LONG DAYS**



***Each session will begin with an opportunity to help you connect with and get to know one another.***

**If you could spend one day with any person from history, which person would you choose? How would you spend that day with them?**

**Play the “*Session Six: For Long Days*” video lesson.**

**What stood out to you from the video?**



PSALM 23:6

*Surely*

**GOODNESS**  
*and* **MERCY**

WILL FOLLOW ME ALL THE DAYS OF MY LIFE

*and I will dwell*

**IN THE HOUSE  
OF THE LORD**

**FOREVER.**



*In the following section, you will explore Bible passages and take part in discussion to apply insights from this session. If time is a concern, please choose just a few questions to discuss in your group.*

**Read Psalm 23:6**

1. If you are willing to share, when would you say is the last time you spent some good, quality time with the Lord? What was that time like? What did you share with the Lord during that time?

2. In the final verse of Psalm 23, we see that David was eager to spend time in God's presence. Why was this true? Why is quality time with God an essential piece to the Christian life?



3. How do you typically feel whenever you spend time in prayer or meditation? What is your experience like? Where do you usually find your thoughts drifting? What are some practical ways you keep yourself focused?

**Read Luke 10:38-42**

4. In this story, we meet two sisters who hosted Jesus in their home. What was the difference between the two sisters—Martha and Mary? What was most valuable to Martha? What was most valuable to Mary?



5. In Luke 10:41, Jesus mentioned to Martha that her anxieties and worries were keeping her from spending time with Him. How can the same thing happen to us? How do our anxieties and worries prevent us from spending time in the presence of the Lord?

6. After going through this series, what do you think will be the main change you're going to make in order to pursue a good life following God? How are you going to take one step this week toward making that change a reality? How will your group members hold you accountable for making that change?



## DEEPER STUDY QUESTIONS

*Read Psalm 63:1-11*

7. What does David mean when he writes that his soul thirsts for God? How does our soul thirst? And if our soul experiences thirst, then what quenches it?

8. In Psalm 63:6, David writes that he thinks of the Lord through the watches of the night. Why should Christians develop a consistent practice of meditation and thinking about the Lord? What are some practical ways you can find in these verses or from your experience to maintain a thought life centered upon God?



## A MEDITATION FROM PSALM 23

*Each week during this series, we will provide a simple prayer and meditation exercise that you can use either in a group or on your own. Prayer and meditation are excellent resources for developing a relationship of trust with the Father, as well as ensuring we keep our focus on discovering a good life following Him.*

Begin this time by closing your eyes and spending a few moments in silence, focusing on nothing but the sound of your breath. When you find a moment of stillness, feel free to begin.

1

Read the words of Psalm 23:6, "Surely goodness and mercy will follow me all the days of my life, and I will dwell in the house of the Lord forever." Repeat those words slowly in your mind. Spend a few moments meditating on the meaning of those words.

2

Imagine you are in a comfortable room, a place where you would feel at ease. Pay attention to the decorations and furnishings of the room. And now, picture the Lord stepping into this room and sitting down with you. Focus on the subject of your conversation and on how He encourages you. Visualize this picture for a few minutes and consider how we are restored in the Lord's presence.

3

As you return from that picture, consider this simple prayer to the Father: "You are with me forever." Speak this line to the Father over and over, and reflect upon its meaning for you.

4

In order to end this prayer meditation, thank the Lord for the time you spent together and for His consistent presence in your life. Thank the Lord for His goodness and His promise of eternal life. Thank Him for giving us a good life spent dwelling in His presence.



# JOURNAL

*During each week for this series, we will provide a simple prompt and an opportunity to write and journal your thoughts. As we pursue a good life of following God, we will find a great benefit from putting our thoughts into words and thinking through how we can put our words into action. Do not overthink anything you write or try to find a “perfect” answer. Simply write what comes to mind.*

Please spend at least 15 minutes writing about the question below:

What would happen if I spent quality time with the Lord every day?  
How would my attitude change? How would my thoughts change?



# PRAYER AND PRAISE

*This is a place where you can write each other's prayer requests and make notes when God answers prayer. Pray for each other's requests out loud together as a group. If you're new to group prayer, you may pray silently.*

## **Prayer Requests**

## **Praise Reports**