

God wants to do a great work in us before doing a great work through us. God sees a beautiful you! He sees a preferred, purpose-filled future—so much so that He promises that one day you will shine like the stars in heaven (Daniel 12:3). Refuse to let worries of self-image or pressures of this world’s definition of worth to destroy intimacy with your Shepherd. Be confident in the Lord’s goodness while you are here ‘in the land of the living.’

4. Close by reading Psalm 27, another psalm of David. From this prayer of David, pen at least 3 take-aways that you will resolve to take to heart and put into practice today.

DERAILED

Text: Psalm 30

1. Successful people focus on _____ over _____.

Four things to help with success:

- A) Stop _____ guessing yourself.
- B) Develop some _____.
- C) Care for _____ physically.
- D) _____ oriented.

2. Develop _____ with God over _____.

Plain Truth:

We choose _____ over image for our bodies are the _____ of God.

One Year Bible Reading

February 4: Exodus 19:16-21:21, Matthew 23:13-39, Psalm 28:1-9, Proverbs 7:1-5
February 5: Exodus 21:22-23:13, Matthew 24:1-28, Psalm 29:1-11, Prov. 7:6-23
February 6: Exodus 23:14-25:40, Matthew 24:29-51, Psalm 30:1-12, Prov. 7:24-27
February 7: Exodus 26:1-27:21, Matthew 25:1-30, Psalm 31:1-8, Proverbs 8:1-11
February 8: Exodus 28:1-43, Matthew 25:31-26:13, Psalm 31:9-18, Prov. 8:12-13
February 9: Exodus 29:1-30:10, Matthew 26:14-46, Psalm 31:19-24, Prov. 8:14-26
February 10: Exodus 30:11-31:18, Matthew 26:47-68, Ps. 32:1-11, Prov. 8:27-32

Life Group Lesson

Week of February 4

Excessive worry over self-image can derail us. From all indications, David the shepherd boy was not worried about self-image. He was the eighth son of Jesse and growing up he was assigned to watch sheep out in the wilderness. Because his chore of shepherding isolated him, young David spent a great deal of time alone. We know his rank of importance in sonship was minimal in the home because when the Lord sent Samuel to Jesse's house to anoint the new king of Israel, Jesse did not bother sending for his youngest son, David. Jesse presented all the older seven sons before the Lord's prophet.

Samuel was impressed by all of Jesse's good-looking sons. As they arrived, Samuel took one look at Eliab and thought, 'Surely this is the LORD'S anointed.' But the LORD told Samuel not to judge by outer appearance.' In the same way, all seven sons came before Samuel. Finally, when Samuel realized the LORD had not chosen any of these sons, Samuel asked if this was all of Jesse's sons. "'There is still the youngest,'" Jesse replied. "But he's out in the fields watching the sheep and goats.' 'Send for him at once,' Samuel said. 'We will not sit down to eat until he arrives'" (see 1 Samuel 16:1-13).

Read Psalm 30

Remarkably, David the shepherd boy was a king-in-the-making. God had plans for young David, and although he was least in Jesse's house, his young heart was intimately connected with the heart of Yahweh, the God of Israel. The years of solitude tending sheep in the wilderness was not isolation for David. He saw it as opportunity to develop a personal relationship with the Lord *his* shepherd. David knew without a doubt that it was God who helped him kill both bear and lion coming after the sheep (1 Samuel 17:34-37). Such feats of victory taught David to respond in worship and gratitude toward his strong Shepherd.

1. Like David, you too have a Shepherd. How are you using seasons of solitude to develop intimacy with the Lord?

Perhaps excessive worry and preoccupation with self-image (or even self-promotion) has derailed you. Think about this season of your life, and perhaps even your schedule today. Being intentional about carving out alone-time with God will help you to begin developing intimacy with the Shepherd. What one thing will you do today to make sure this intimate relationship with the Shepherd becomes reality?

Too often we squander opportunities that could be used for time alone with God. Giving into this world's definition of beauty and acceptance will leave you empty and exhausted. Nothing compares to finding your worth in the Savior. God sees your heart. He knows everything about you and He loves you. You may feel the eyes of the world judging you, but give that lie to the Lord right now! God told Samuel, "Don't judge by his appearance or height...The Lord doesn't see things the way you see them. People judge by outward appearance, but the Lord looks at the heart" (1 Samuel 16:7).

2. Truly successful people focus on imagination over image. In other words, you can begin today seeing *you* as the Lord sees you—a daughter or son of the Most High, seated *already* with Christ in glory! (see Ephesians 2:6). If there were no obstacles before you, who would you be and what would you do for the glory of Christ's Kingdom? (Remember, use your imagination!)

In Christ, we are re-claimed for the living God. Just as God breathed into each of us the breath of life, the Holy Spirit breathes new life into ordinary men, women, boys and girls. All we need to do is simply invite Jesus to live in our hearts. Think about your life—your faith story. Write about it in the space below, then share it with someone in ear-shot right now!

"Has the LORD redeemed you? Then speak out! Tell others He has redeemed you from your enemies" (Psalm 107:2).

My Faith Story—

There is no question, we will stay on-track and experience greater satisfaction in this life, if we develop intimacy with God over image. God is a good Father and we can trust Him. He knows our weakness and knows what is best for us. He will give us balance, adequate rest, and time for social interaction. We don't have to worry about missing out on fun. The Lord will give us true meaning and purpose each day.

3. David wrote Psalm 30 for the dedication of the Temple. But David knew in his heart that he needed to dedicate himself to the Lord first. Do you see that you must first dedicate yourself to the Lord, before doing a great work for God?

How are you learning this in your journey? What does this tell you about our Lord?