

## Session One Assignment

### Chapter: In the Cool of the Day

#### Key Point

You are supposed to be walking with God as if in the cool of the day.

- 1) Are there times when your walk with God feels like a lingering “in the cool of the day” encounter, or do you more often find you sprint through your time with God to merely check it off your list?

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- 2) When you begin your time with the Lord, how would you most often describe your attitude: expectant, obligated, hopeful, hesitant, other? How can your attitude set the tone for your experience with Him?

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- 3) During your quiet time, how would you most often describe your mindset: enthusiastic, focused, distracted, bored, scattered, other?

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- a) In your time with Jesus, do you feel peace, acceptance, and purpose? How would you rate your current experience in the following areas on a scale from 1-10, with 10 being the highest?
- b) In each area, do you feel a greater or lesser degree than this time last year?

Peace	1	2	3	4	5	6	7	8	9	10	Greater	Lesser
Acceptance	1	2	3	4	5	6	7	8	9	10	Greater	Lesser
Purpose	1	2	3	4	5	6	7	8	9	10	Greater	Lesser

#### Key Point

The enemy is deceiving you if you believe you are anything less than loved unconditionally and completely by God. He is offering you more than what you currently experience.

- 4) Do you really believe you are unconditionally and completely loved by God, not just in your head, but deep down in your heart? What leads you to this answer?

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## You. Are. Loved., Live the Love Song

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- 5) How do you think your belief about God's love for you may be impacting your walk with Him?

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- 6) The cool of the day feels like rest for your soul. Does the word rest describe your soul? If not, how would you describe the state of your soul?

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*"The enemy convinces us that what we are experiencing in our Christian walk is all there is, that our mediocre lives are what we are stuck with. We have no reason to believe there's more since we've never experienced more."*

- 7) Do you sometimes wonder if there's more to the Christian walk than what you're currently experiencing? Do you see Jesus as enough for you?

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*"The list of lies we believe is a mile long: I am worthless, pointless, and aimless. I'm unlovable. There is no hope. I hold on to yesterday as if I might change it and fear tomorrow as if worry might affect the outcome. I'm too fat, too thin, too short, too tall. I'm not pretty enough or smart enough or capable enough. I have nothing to contribute. God could never love me."*

- 8) Do any of my examples of lies resonate with you? What are some other lies the enemy has convinced you of over the years? Is there a specific lie that comes to mind most often?

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- 9) How do these lies hinder you in your daily life?

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Write out Genesis 3:13 here:

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Remember, he's still lying and we're still eating. Spit it out!

## Chapter: Be Loved

### Key Point

Your state of being is loved.

- 1) Has the enemy ever convinced you that your actions in the past have lessened or removed God's love for you?

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- 2) Have fears over what you may or may not do in the future ever caused you to wonder if God will stop loving you? How might this fear hinder you? What does the enemy gain when he convinces you that God may stop loving you?

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- 3) What does Romans 8:38-39 promise to combat those fears?

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- 4) Page 13 of YAL says: "Love is the key to every locked door in your soul." What are some of your locked doors? Think of hurts, disappointments, doubts, unmet needs, etc.

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### Key Point

To know that you are loved shapes who you are and what you do.

- 5) In what ways can God's unconditional love reshape who you are inside and how you think?

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- 6) How might knowing you are unconditionally loved alter your actions?

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- 7) In what ways might confidence in God's unconditional love affect how you live out your kingdom purpose?

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### Key Point

Fulfilling love is only possible with Jesus.

- 8) How have you tried to fill the void only Jesus' love can satisfy? (Consider people, children, careers, wealth, success, homemaking, reputation, ministry, etc.)

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- 9) What have you learned that proves human love or worldly possessions can never quite satisfy?

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### Key Point

We can only love Him out of an overflow of His love for us.

- 10) Is loving God something you thought you were responsible for doing (feeling) on your own? Look up 1 John 4:19. How does this verse counter that thought?

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- 11) Have you tried to love Him in your own strength? How did that work out for you?

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*"From that point on, the word (Beloved) was everywhere: in sermons, devotions I was reading, and my daily Bible reading."*

In the quote above, notice that I had positioned myself to encounter God and His love through time with Him. This is about intentionality and making time for Him.

- 12) What are some specific actions you can take to pursue the One who's pursuing you?

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*"So many settle for a cup when an ocean of soul-quenching love is offered."*

## You. Are. Loved., Live the Love Song

### Personal Reflection

Unless you would like to bring up your answers to the questions below, you will not be asked to discuss the following portion in your small group.

Write out Matthew 22:37 in the space below:

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Time to answer the BIG question honestly and openly. Do you love God with your all: all your heart, all your soul, and all your mind?

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Remember, no guilt here. This is simply a quick heart check to diagnose the real ailment: You need His love to open the doors of your heart to Him. If you don't love Him with your all, all, all, you are not the only one who feels this way. Most people around you are likely faking it too. I faked it very well.

Rather than additional questions, I'm sending you on a mission, one of the most critical missions of your life. I want you to sit with the Lord and talk to Him about your answer above. (Like He doesn't know the answer already.) If you find your love lacking or even waning from what you once felt for Him, tell Him. Be open with Him. Ask Him to pour out His love for you in torrents until you're so saturated that you can only love Him in return. He's waiting for you, calling for you to walk with Him in His love as if in the cool of the day.

Beloved, Jesus wants you to know and experience your own love story with Him.