



Before the Lesson

Read the Scriptures and overview below before your LIFE Group meets.

Scripture passage: Psalm 19

Sufficiency is defined as the condition or quality of being adequate. To be sufficient means to have plenty of something. It is to be competent, complete, satisfactory, or enough. **God is sufficient!** He is more than enough, entirely complete, and abundantly more than we can comprehend. As believers, the sufficiency that we have comes from Christ and Christ alone, and we are able to experience this sufficiency as we rest in Him.

Because God is sufficient, He has provided us with a complete, sufficient, all-encompassing book to use as a tool for life – His Word. Within the pages of this glorious book, we are given all we need to be outfitted for life. He equips, edifies, educates, enlightens, and encourages us with His Word. God’s Word revives, imparts wisdom, gives joy, purifies, and perfects. God has given us everything we need through His Son and through His Word. Our response should be to ... learn it, love it, and live it!

Focus question:

How have you seen evidence of the sufficiency of God and His Word in your life this week?

Group Discussion

- Read Psalm 19:1-6. Discuss the sufficiency of God. Use the following talking points to guide your discussion:
 - Think of attributes of God. How do His attributes help you understand His sufficiency? (Example: God is Sovereign, self-existent, omniscient, Alpha and Omega)
 - In what ways do we see the sufficiency of God in creation?
 - How does the sufficiency of God give you peace, comfort, or rest?
- Read Psalm 19:7-9 and discuss the following:
 - *The law of the Lord is perfect. It revives the soul. (v. 7)*
 - Give examples of how God has used a specific verse to revive your soul.
 - Read Hebrews 4:12-13 and talk about the transforming power of the Word of God.
 - *The testimony of the Lord is sure. It imparts wisdom. (v. 7)*
 - How has God used His Word to display His reliability or surety in your life?
 - Talk about the wisdom that comes from knowing and understanding Scripture. (See 1 Corinthians 1:27 and 1 Timothy 4:12.)
 - *The precepts of the Lord are right. They fill us with joy. (v. 8)*
 - Do you find joy and confidence in knowing and doing what is right in God’s eyes? Give a personal example.
 - Read Psalm 16:11. How does this verse encourage you?

- *The commandment of the Lord is pure. It enlightens. (v. 8)*
 - Give an example of a time when God's Word gave light and understanding to a situation.
 - Discuss the following verses and the way they purify the heart and show you the way. (See Joshua 1:7-8, Proverbs 3:5-6, James 1:25)
- *The fear of the Lord is clean. It endures forever. (v. 9)*
 - Take a closer look at the words highlighted below in Ephesians 5:25-27 as they relate to the way God's Word cleanses us and prepares us to be in His presence and worship Him.

Husbands, love your wives, as Christ loved the church and gave himself up for her, that he might sanctify (set apart) her, having cleansed (purge/purify) her by the washing (bathing the whole self) of water (moving/living water) with the word, (the spoken word) so that he might present the church to himself in splendor, without spot or wrinkle or any such thing, that she might be holy and without blemish.

- *The rules of the Lord are true. They are righteous. (v. 9)*
 - God's Word and its total sufficiency helps us see our own deficiency. What does it do? (See 2 Timothy 3:16-17.)
- What does the Bible say about self-sufficiency versus God-sufficiency? (See John 15:5, Acts 4:12, Romans 12:23, 2 Corinthians 3:5, 12:9, Ephesians 2:8)
- Have you used God's Word to transform a lost soul? If not, will you trust God and His sufficiency to use you to impact the Kingdom? Pray for an encounter with an unbeliever this week.

Further Study (to be used in your personal Quiet Time)

Make it your goal this week to read all 172 verses of Psalm 119.

Joshua Code memory verse:

And do not get drunk with wine, for that is debauchery, but be filled with the Spirit. – Ephesians 5:18

Family Time

- Show your children a bar of soap. Ask them what soap does for them when used properly.
- Explain to your children that God's Word is like **S.O.A.P.**
It makes us Shine. It helps us Obey. It gives us Answers. It makes our hearts Pure.
- For older children, use the following Bible study method to study the Word together as a family.
 - S → Sit and Soak in the Word.** Choose a verse or passage of Scripture. Read it several times and then write it.
 - O → Observe the text and Obtain more info.** Ask who, what, when, where, why and how questions and cross-reference to gain insight and interpret the passage properly..
 - A → Apply truth and make Adjustments.** How can you apply what you've learned to your life? Are there any things in your life that need to change?
 - P → Pray and experience God's Presence.** Talk to God about what you've discovered and ask Him to make you aware of His presence in your life.