

**one  
month  
to live**

*Live Passionately*

**Week One**

**JOURNEY**  
lutheran ministries

[www.Journeylutheranministries.org](http://www.Journeylutheranministries.org)

# *Live Passionately*

## **Week One**

### **Connect** *(10 minutes)*

Death is more universal than life; everyone dies but not everyone lives. —Alan Sachs

If you only had 30 days to live, what would you do?

### **Respond** *(10 minutes)*

Throughout the next weeks we are going to look at a vital message of how to experience life to the fullest by living passionately and purposefully, the way God created us to live.

Specifically, what consumes most of your time each day? In these areas are you being busy or being effective with them?

Why wait to only have 1 month left? Without thinking too hard or too long, make a list of five things you would **CHANGE** about your life. Pick at least one to begin changing today, that means right now.

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## **Expand** (60 minutes)

### **READ 1 Samuel 17:32-36**

David said to Saul, "Let no man's heart fail because of him. Your servant will go and fight with this Philistine." <sup>33</sup> And Saul said to David, "You are not able to go against this Philistine to fight with him, for you are but a youth, and he has been a man of war from his youth." <sup>34</sup> But David said to Saul, "Your servant used to keep sheep for his father. And when there came a lion, or a bear, and took a lamb from the flock, <sup>35</sup> I went after him and struck him and delivered it out of his mouth. And if he arose against me, I caught him by his beard and struck him and killed him. <sup>36</sup> Your servant has struck down both lions and bears, and this uncircumcised Philistine shall be like one of them, for he has defied the armies of the living God." <sup>37</sup> And David said, "The LORD who delivered me from the paw of the lion and from the paw of the bear will deliver me from the hand of this Philistine." And Saul said to David, "Go, and the LORD be with you!"

1. David had courage and took much risk when it came to defending his sheep from lions and bears or even the people of God from the giant Philistines. What are giants you're facing in your life today?
  
  
  
  
  
  
  
  
  
  
2. David's faith believed the Lord would deliver him from the giant Philistine (Goliath). Do you have faith the Lord will deliver you from the giants you are facing? If not, why not? Which of these reasons are bigger than God?

**READ Luke 5:18-26** (NIV 1984, ©1984)

Some men came carrying a paralytic on a mat and tried to take him into the house to lay him before Jesus. <sup>19</sup> When they could not find a way to do this because of the crowd, they went up on the roof and lowered him on his mat through the tiles into the middle of the crowd, right in front of Jesus. <sup>20</sup> When Jesus saw their faith, he said, “Friend, your sins are forgiven.” <sup>21</sup> The Pharisees and the teachers of the law began thinking to themselves, “Who is this fellow who speaks blasphemy? Who can forgive sins but God alone?” <sup>22</sup> Jesus knew what they were thinking and asked, “Why are you thinking these things in your hearts? <sup>23</sup> Which is easier: to say, ‘Your sins are forgiven,’ or to say, ‘Get up and walk’? <sup>24</sup> But that you may know that the Son of Man has authority on earth to forgive sins...” He said to the paralyzed man, “I tell you, get up, take your mat and go home.” <sup>25</sup> Immediately he stood up in front of them, took what he had been lying on and went home praising God. <sup>26</sup> Everyone was amazed and gave praise to God. They were filled with awe and said, “We have seen remarkable things today.”

3. Who in this text is taking the biggest risk? Where do you see people stepping out in faith? At certain times and situations we resemble each of these characters. When have you resembled “the friends”, “the paralytic”, or “the Pharisees and teachers of the law”? What have you learned from being them?

4. How would you rate your health in these four areas: 1-10(1=terrible and 10=fantastic)
- Spiritual
  - Physical
  - Emotional
  - Relational

What is the greatest challenge to improving your health in these areas? Are you trying to change this with willpower of God's power?

5. Matthew 11:28-29 says, <sup>28</sup>Come to me, all who labor and are heavy laden, and I will give you rest. <sup>29</sup>Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. <sup>30</sup>For my yoke is easy, and my burden is light."

What words or phrases help or give you comfort? Why?

6. What is one risk that God is calling you to take presently in your life? What are your fears in taking this risk? What is the worst-case scenario if you take this risk and fail? What is the greatest reward if this you take this risk and succeed?

**Honor** (3 minutes)

**Pray, asking God to reveal one thing you can do today to further your pursuit of His dream for your life.**

**Apply** (7 minutes)

- ❖ Tell at least one person (friend, family member, or co-worker) you're making some changes in your life. Ask that person to circle on the calendar the one month from today. Encourage them to ask you then, how your life has changed.
  
- ❖ Time challenge. If you break up each day into 3 parts (morning, afternoon and evening) and multiply it times 7, every week you will have 21 squares that need to be filled. Fill in your squares with what you did last week (work, family time, entertainment, God time etc.). Assess if these are the things you want to be spending your time doing? Are you satisfied with this lifestyle?

Sun.	Mon.	Tues.	Wed.	Thur.	Fri.	Sat.

## One Month To Live Cliff Notes

### Day 1

How terminal people view life. They say how they really feel; they do what they want to do; they ask for forgiveness and forgive others; they reach out to those they love; they take risks they would never take; they gratefully accept each new day; they are clear about their priorities; and they leave lasting legacies.

### Day 2

Life is a roller coaster. Face your fears with the Lord at your side and experience the ride of your life.

### Day 3

God created us to be active and present in the lives He has given us. He wants us to leave a legacy that will last long after our time on earth has ended.

### Day 4

Jesus wants to be our power source. We connect to Him through daily conversational prayer and living our lives in constant confession.

### Day 5

God's desire for us is to engage our lives spiritually, physically, emotionally, and relationally with other people so we can share the good news of Jesus with them.

### Day 6

Rather than do things with our own strength, God wants us to totally rely on Him. He wants us to let Him take control.

### Day 7

God often gives us a passion to do work for Him. When He does give us a passion He wants us to totally rely and trust Him as we carry out His passion in our lives.

# NOTES