

WEEK 1 (NOTICE) - NOTES FOR NOTICING

What words or phrases from the Psalm stand out to you? How might these connect to your life? What does unplugging help you notice? What are you grateful for? What makes it hard to unplug? What do you do to make room for God? What Sabbath rest could you make a part of your life?

WEEK 2 (RECEIVE) - NOTES FOR NOTICING

As you read, sit at work, at school or home, or hear people around you, what repentance moments do you notice? Do you relate to any of David's emotions? What sins have created obstacles in your life? How do they affect your ability to receive God's good gifts? What areas of your life are most in need of repentance? What new insights do you notice about yourself and about God?

WEEK 3 (YIELD) - NOTES FOR NOTICING

Read Col. 3. How would you rephrase Col. 3:7-10 in your own words? How might you explain Col. 3: 12-14 so a small child? What might your relationships be like if they were more like verses 12-14? How might you yield your relationships more to God? What opportunities do you notice where you could yield to God and trust Him more? How might you be more of a servant?

WEEK 4 (SIMPLIFY) - NOTES FOR NOTICING

What could you get rid of this week to simplify? In what area of your life do you notice that you never seem to be satisfied, you never seem to have enough? What can you list that God provides for you? How might your life change if you "seek first his kingdom and his righteousness"? How might you practice this discipline of simplifying not just for a season but for a lifetime to help you notice God more every day?

WEEK 5 (LAMENT) - NOTES FOR NOTICING

Should you express all your emotions to God? What might you include in a list to God of doubts, hurts, fears, and disappointments? Have you lamented to God about these things? What might you include in a list of what you know to be true about God? Where has God been present and faithful to you personally?

WEEK 6 (LOSE) - NOTES FOR NOTICING

How does noticing your breathing help you focus on the weight of Christ's death and resurrection? What does it mean for us to "lose our life for God's sake"? In what ways did Jesus face loss? What can we learn about dealing with loss from Jesus' life?

WEEK 6 (RISE) - NOTES FOR NOTICING

How can you continue remembering that you are loved by God? How might you bring your thoughts and choices in alignment with that love? What sin may God be illuminating as you focus on being made new? How can you turn from that and towards God's grace? How is God prompting you to act in love and not just talk about it?

SOME FINAL IDEAS FOR THE SERIES

Here are a few ideas that may help you continue noticing what God is doing to make you and this world new every day:

- Memorize Romans 12:1-2 and 2 Corinthians 5:17 as a reminder of being made new
 - Study the book of Romans this year. This letter Paul wrote to the Romans is all about how Jesus came to make all things new again
 - Search these words in the Bible: reconcile/reconciliation, restore/restoration. Study what these words mean in the context of scripture.
 - Study those whose lives God reconciled and restored in Scripture, Old Testament people like Abraham (Genesis 12-25), Joseph (Genesis 37-50), Moses (Exodus and Deuteronomy), David (1 Samuel 16-1 Kings 2), Jeremiah (Jeremiah, Lamentations), and Nehemiah (Nehemiah). In the New Testament, study Mary Magdalene (Mark 15-16 and John 19, 20), Saul who became Paul (Acts 9-28), Zacchaeus (Luke 19), sisters Mary and Marth (Luke 10, John 11, 12) and Timothy (1 Timothy, 2 Timothy, Acts 16-20).
- Make a playlist of songs that remind you of your new life in Christ and how he's continuing to transform your life
- Read one Psalm each day and let it be a starter prayer for you. Don't skip over the laments! Praying through the psalms is a centuries-old everyday practice