

Every
Moment
Holy



OUR LIVES ARE A COLLECTION OF MOMENTS.

Most of us can remember experiences that have changed us in significant ways. Some have left us more joyful and fulfilled, while others have caused pain and sorrow. Throughout scripture, we find an invitation for each believer to see every moment as holy, but recognizing the sacredness of every moment requires intentionality and awareness from the Holy Spirit.

Psalm 139:7 says, "I can never escape from your Spirit! I can never get away from your presence!" God's nearness to us is a gift. As we walk through these next few weeks, we pray that our hearts will awaken to the reality of his presence. We would invite that nearness to change, convict, heal, and restore us.

God, would you help us see, believe, and live every moment holy unto you.

TIPS FOR GROUP LEADERS

Thank you for leading this Illume Community Group! Here are a few helpful tips as you prepare to gather:

- Pray! Take time before each meeting and pray for every woman by name. Pray that God would do a deep work in everyone participating.
- Confirm details with everyone attending. Make sure the time, date, and location, as well as the host's contact information, is clear.
- Make the space comfortable. Consider some light refreshments, even name tags, for the first few meetings to help women feel at ease.
- Use the materials provided. Make sure everyone has a workbook. Decide how you will play the intro videos and test ahead of time.
- Make a plan for the kids. Decide ahead of time if kids will participate or consider hiring a group babysitter.
- Encourage everyone to engage and participate. It is okay if someone doesn't want to share but do your best to involve everyone.

GROUP MEETING 1

Examine Me

O LORD, you have examined my heart and know everything about me. You know, when I sit down or stand up. You know my thoughts even when I'm far away. You see me when I travel and when I rest at home. You know everything I do. You know what I am going to say even before I say it, LORD. You go before me and follow me. You place your hand of blessing on my head. Such knowledge is too wonderful for me, too great for me to understand!"

Psalm 139:1-6

KEY THOUGHT

The truth of the gospel is greater than my shame.

DISCUSSION

1. Before you begin your first meeting, take some time to get to know one another. Take 1-2 minutes for each woman to share her favorite hobby, food, or destination.

2. Often, the truth that God FULLY sees and FULLY knows us can be overwhelming and even make us uncomfortable. As you read Psalm 139:1-6, what emotions does this stir in you?

Discuss how being seen and known by God makes you feel. Share one way this truth causes you to feel peace and one way it causes you to feel discomfort.

3. Sometimes, the discomfort we feel can look a lot like shame, and this causes us to hide our true selves from God and others. Brene Brown defines shame like this, "Shame is the intensely painful feeling or experience of believing that we are flawed and therefore unworthy of love and belonging- something we've experienced, done, or failed to do makes us unworthy of connection."

Shame can cause us to feel stuck. It can become a primary hurdle to a full and flourishing life in Jesus.

The power of the gospel is that Jesus has always known us, chose us, loved us, and gave himself for us before we ever did anything—right or wrong! Our acceptance is not tied to our behaviors or experiences but is rooted in the free gift of the cross of Christ. Jesus is where we find true love, total freedom, and complete acceptance. When we give our hearts to Christ, he gives us a new story. He reframes everything from our past and into our future.

Share one time when you have seen God reframe your story. Share one way to invite the gospel to rewrite your shame.

APPLICATION

Romans 8:1 tells us there is *"no condemnation for those who are in Christ Jesus."* No matter what you have walked through, Jesus has come so that you would know freedom from shame.

One of the most powerful ways to defeat shame in our lives is to replace it with gospel truth.

Share specific areas of your life where you need the gospel to rewrite your story. Pray the verses below over one another. Take time throughout the week to meditate on these verses on your own, allowing the power of scripture to give you a renewed mind and eyes.

Hebrews 12:1-3: "Therefore, since we are surrounded by so great a cloud of witnesses, let us also lay aside every weight, and sin which clings so closely, and let us run with endurance the race that is set before us, looking to Jesus, the founder, and perfecter of our faith, who for the joy that was set before him endured the cross, despising the shame, and is seated at the right hand of the throne of God. Consider him who endured from sinners such hostility against himself, so that you may not grow weary or fainthearted."

Colossians 2:13-15: "And you, who were dead in your trespasses and the uncircumcision of your flesh, God made alive together with him, having forgiven us all our trespasses, by canceling the record of debt that stood against us with its legal demands. This he set aside, nailing it to the cross. He disarmed the rulers and authorities and put them to open shame, by triumphing over them in him."

GROUP MEETING 2

In the Secret Place

"I can never escape from your Spirit! I can never get away from your presence! If I go up to heaven, you are there; if I go down to the grave, you are there. If I ride the wings of the morning, if I dwell by the farthest oceans, even there your hand will guide me, and your strength will support me. I could ask the darkness to hide me and the light around me to become night—but even in darkness I cannot hide from you. To you the night shines as bright as day. Darkness and light are the same to you."

Psalm 139:7-12

KEY THOUGHT

God wants to turn my hiding places into holy places.

DISCUSSION

1. Before you begin your first meeting, take some time to get to know one another. Take 1-2 minutes for each woman to share her favorite hobby, food, or destination. God's invitation to us is that he would be the first place that we run; there is no substitute for the loving arms of your heavenly Father. He wants to be our hiding place.

God's invitation to us is that he would be the first place that we run to because there is no substitute for the loving arms of your heavenly Father. He wants to be our hiding place. Share one thing or place you often run to for comfort in times of stress or pain.

2. In verse 12 of Psalm 139, David says, "Darkness and light are the same to you." He is painting a picture for us that no matter the circumstance, no matter how you feel, in every situation, God's presence remains. He has never left you, and he never will!

APPLICATION

For God to turn your hiding places into holy places, you must first address what areas you have been running to before going to him.

Take two to three minutes of silence and examine your own heart. Ask the Holy Spirit to show you what you have been running to before him. As he brings these things to mind, write them down or say them aloud. Repent and receive his forgiveness; ask him to be first in your heart and every circumstance.

Share what God spoke to you with your group, and commit to praying for each other until the next group meeting. Ask God to give you eyes to see that every moment can be holy with him.

GROUP MEETING 3

For Your Glory

"For you formed my inward parts; you knitted me together in my mother's womb. I praise you, for I am fearfully and wonderfully made. Wonderful are your works; my soul knows it very well. My frame was not hidden from you, when I was being made in secret, intricately woven in the depths of the earth. Your eyes saw my unformed substance; in your book were written, every one of them, the days that were formed for me, when as yet there was none of them."

Psalm 139:13-16

KEY THOUGHT

God uses every part of my life for my good and his glory.

DISCUSSION

1. No one knows you better than God knows you. He took such care in creating your life and planning out all your days. You were created by God and for God. This means that he walks with you through every part of your life. You are never alone.

Is there an area of your life right now that you need God to fill? Is there something you are walking through where it is hard to see his hand? Share this with your group.

2. We have all had experiences or difficulties in life that have caused us hurt, grief, confusion, or sorrow. Your head might be able to grasp the truth that God sees you and is always with you, but bringing that truth home to your heart can be difficult. How can God be with you in the middle of tragedy? How can he work something for your good when all you see or feel is bad?

Romans 8:28-29 (TPT) tells us, "So we are convinced that every detail of our lives is continually woven together for good, for we are his lovers who have been called to fulfill his designed purpose. For he knew all about us before we were born and he destined us from the beginning to share the likeness of his Son."

The key truth is that we are destined to share in the likeness of Jesus, who personally knew sorrow and pain. Jesus suffered, triumphed over sin and death, and is now seated at the right hand of the Father.

The gospel proves that God works all things for good for those who love him! It is evidence of his perfect care for us and his ability to bring redemption and restoration out of even the darkest situations. Psalm 139:12 declares, "Even the darkness is as light to you."

APPLICATION

We find such comfort and hope in the gospel. It is in preaching this to ourselves every day that we find renewed hope. The Psalmist says in Psalm 42:5, "Why are you cast down, O my soul, and why are you in turmoil within me? Hope in God... my salvation and my God".

Finding renewed hope in God is not ignoring or putting off the reality of our circumstances or past experiences. It is the way that we intentionally invite God into them.

What is one area in your life where you need to have your hope restored? Share this with your group. Take time to pray Romans 8:28-29 and Psalm 42:5 over one another.

Take 5 minutes each day this coming week and pray those verses aloud over yourself. Invite God to restore your hope, heal your heart, and remind you of his ever-present love and attention toward you.

GROUP MEETING 4

Know My Heart

"How precious to me are your thoughts, God! How vast is the sum of them! Were I to count them, they would outnumber the grains of sand—when I awake, I am still with you. If only you, God, would slay the wicked! Away from me, you who are bloodthirsty! They speak of you with evil intent; your adversaries misuse your name. Do I not hate those who hate you, LORD, and abhor those who are in rebellion against you? I have nothing but hatred for them; I count them my enemies. Search me, God, and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me, and lead me in the way everlasting."

Psalm 139:17-24

KEY THOUGHT

I am known and loved by God.
I can bring my whole heart to him.

DISCUSSION

1. How often do you acknowledge that God not only thinks of you, but that he thinks good thoughts toward you? This is a life-altering, mind-blowing truth. The God of the heavens and earth constantly thinks wonderful things about you!

The fact that God thinks good thoughts toward you is evidence that the value of your life is not found in your performance. God loves you because he loves you! His love for you is not based on your actions but on who he is.

How does that truth make you feel? Secure? Scared? Overwhelmed? Share with your group.

2. The Psalmist says in the latter part of verse 13, "...I awake, and I am still with you." According to the Bible, many things can keep us asleep to the reality of God's perfect love for us. When we cultivate a "sacred awareness," we wake up to our need for repentance of sin, a personal pursuit of holiness, and a burning zeal for a life set apart for God.

When we lack a sacred awareness, we prioritize other things in life over God. This can be seen in the use of our time or resources. It can mean that we keep an area of our heart closed off to the Lord because of fear, pain, or trauma. It can look like complacency in our spiritual walk.

Is there an area of your life where you have fallen asleep? Can you identify a place where you need to wake up to the truth of God?

3. In Matthew 5:29-30, Jesus talks about a violent removal of sin in your life. Those verses carry the same tone as David does in Psalm 139. A hatred for the wicked is a hatred for anything that would separate you from God.

The need for transparency and vulnerability surrounding sin is essential for growth for any follower of Christ. It takes courage to confront your sin and a revelation of God's grace to overcome sin in your life.

Ephesians 2:8-10 says, "For by grace you have been saved through faith. And this is not your own doing; it is the gift of God, not a result of works, so that no one may boast. For we are his workmanship, created in Christ Jesus for good works, which God prepared beforehand, that we should walk in them."

Do you need to confront or confess any sin in your life? James 5:16 tells us that it is in the confession of our sin to one another that we find healing.

Take a few moments of silence and ask the Holy Spirit to search your heart.

APPLICATION

Spend the remainder of your group meeting sharing what God has shown you. Pray Psalm 139:23-24 together, "Search me [thoroughly], O God, and know my heart; Test me and know my anxious thoughts; And see if there is any wicked or hurtful way in me, And lead me in the everlasting way."

The greatest way to see the holiness of God in your daily life is to embrace a posture of surrender. The Psalmist was able to close this chapter with a bold and beautiful prayer because he was sure of God's love, care, and grace given to him. God has that same love, care, and grace for you today.

This has been such a special time to walk through these spiritual truths together. What a gift it is to know that God is always faithful to finish the work that he begins in us (Philippians 1:6). Our prayer is that these past few weeks have started a fresh work of God in you.

One of the best ways to continue to partner with the work of the Holy Spirit in our lives is to stay rooted in community. We encourage you to keep your hearts open to one another, stay awake to the reality of God's love for you, and stay alert to the sin that would try to distract you. Pray daily as the Psalmist did, "Search me, God, and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me, and lead me in the way everlasting."