



Welcome

SERIES: KICKING YOUR BUTS

Message: *But I Don't Have Time*

Dr. Lance Watson, Senior Pastor

PRAYER: Gracious God, you are the Giver of all good things. We come before You with grateful hearts, lifting our voices in thanks for the precious gift of time. Thank You for the dawn of each new day, a fresh canvas upon which to paint our lives, filled with opportunities for growth, connection, and purpose. We are grateful for the rhythm of seasons, the passage of years, and the moments that weave together the tapestry of our existence. Forgive us, Lord, when we take this gift for granted, or when we squander its precious moments. Help us to be wise stewards of the time You have given us, using each hour, each day, to honor You and to serve Your purposes. In the name of Jesus, we pray. Amen.

ICEBREAKER: If you could RE-LIVE one day, what would it be and why?

INTRODUCTION: Psalm 118 is a vibrant song of thanksgiving and praise to God for His enduring mercy and salvation. It is often understood as a communal hymn, perhaps sung during a pilgrimage or a celebration of deliverance. The psalm opens with a universal call to give thanks to the Lord. Verse 24 stands out as a powerful declaration of joy and an exhortation to embrace the present day, recognizing it as a divine gift, not merely a product of chance. It encourages an active choice to celebrate and find joy in whatever circumstances God has ordained for “this day.” It suggests a fresh perspective, turning away from past troubles or future anxieties, to fully appreciate the current moment as an occasion for rejoicing in God's goodness and ongoing work in time.

BIBLE STUDY: Read Psalms 118:24 (KJV): This is the day which the Lord hath made; we will rejoice and be glad in it.

DISCUSSION QUESTIONS:

1. **What was your biggest takeaway from the message?** What's one thing you learned? What questions came to mind as you listened to the message? What points did you find most insightful?
2. Sometimes, our schedules and to-do lists can get so filled up that have no choice but to say “no” to some really good opportunities. What are some good opportunities that you had to say “no” to because of a busy schedule?
3. A common expression we hear today is that “there's not enough time in a day.” However, we can probably all admit: If the days were longer, we'd just fill those hours up, too. How can we move away from the mindset of not having enough time to maximizing the time that God gives us each day?

THE SAINT PAUL'S BAPTIST CHURCH
GROW | PRAY | SERVE



WWW.MYSPBC.ORG • 804.643.4000

4. We won't keep growing in our faith if we just let life happen to us. Ephesians 5:15-16 says to "look carefully then how you walk, not as unwise, but as wise, making the best use of the time because the days are evil." What are some practical ways that we can live this verse out? How can we avoid letting life happen to us?
5. Psalm 118:24 invites us to embrace "this day" as a gift from God. What does it practically mean to "rejoice and be glad" in the day we are given, especially when facing challenges or mundane tasks? How can this mindset shift our approach to how we spend our time, both individually and as a group?
6. If every day is divinely made, how does acknowledging this truth influence our priorities and decisions about how we allocate our time? What are some common "time traps" or distractions that prevent us from living intentionally and making the most of the day God has given us?
7. If each of us is called to rejoice and be glad in "this day," how can a shared understanding of Psalm 118:24 among our group (or family) encourage us to collectively use our time more wisely, support one another's goals, and contribute positively to the world around us? What does "rejoicing together in this day" look like in practice?

CHALLENGE: For the next seven days, choose one recurring daily activity that you often rush through, dread, or perform mindlessly (e.g., your morning routine, commuting, a specific chore like washing dishes, or even checking emails). For that chosen activity, consciously apply Psalm 118:24: Before, during, and immediately after the activity, silently affirm, "This is the day the Lord has made; I will rejoice and be glad in *this moment* of it." Notice how this shift in perspective impacts your experience of the activity and your overall mindset throughout the day.

ANNOUNCEMENTS: Take this time to share group announcements. Church wide and campus specific announcements can be found at www.myspbc.org. You can also "find, follow and like" our Facebook page at facebook.com/myspbc. Turn on your notifications.

CELEBRATIONS: Take this time to share praise reports (e.g. answered prayers, birthdays, anniversaries, promotions).

PRAYER REQUESTS & PRAYER: Take this time to share prayer requests. Close with prayer.

THE SAINT PAUL'S BAPTIST CHURCH
GROW | PRAY | SERVE



WWW.MYSPBC.ORG • 804.643.4000



We Care!

NOTICE: As a small group leader, we depend on you to show members that we care. Here's a list of resources to help you.

FOR PRAYER:

CALL: 804.463.2472

EMAIL: prayer@myspbc.org.

FOR COUNSELING:

CALL: 804.643.6177

EMAIL: care@myspbc.org

TO REQUEST A HOSPITAL VISIT:

CALL: 804.304.3890 (For Emergencies)

EMAIL: ecare@myspbc.org.

TO REQUEST FUNERAL SUPPORT:

CALL: 804.304.3890 (Pastor On Call)

EMAIL: ecare@myspbc.org.

TO FIND A SUPPORT GROUP:

CALL: 804.643.6177

EMAIL: care@myspbc.org.

TO REQUEST EMERGENCY ASSISTANCE:

CALL: 804.643.4000

EMAIL: emergencyassistance@myspbc.org.

TO CONTACT MY LIFE STAGE PASTOR:

CALL: 804.643.4000 and Press 1 for the Dial By Name Directory

EMAIL:

- Imagination (0-10): Vernita Williams: Vernita.Williams@myspbc.org
- SMB (11-19): Martina Jones-Smith: Martina.Jones-Smith@myspbc.org
- Dreamchasers (20-29): Juan Shackelford: juan.shackelford@myspbc.org
- Aspire (30-39): Lance Watson, Jr.: lance.watsonjr@myspbc.org
- Fusion (40-49): Michelle Townsend: michelle.townsend@myspbc.org
- Encore (50-59): Lisa Johnson: lisa.johnson@myspbc.org.
- Prime Time (60-69): Maceo Freeman: maceo.freeman@myspbc.org
- Refiners (70+): Roscoe Jones: roscoe.jones@myspbc.org

*GPS is a study guide based on the weekend message. The purpose of this guide is to assist small groups in study.
Previous GPS Guides are available online at www.myspbc.org.*



Small Group Leader Guide

Would you like to START or JOIN a Small Group at Saint Paul's?

Most existing groups are open to new group members, and new groups begin on a regular basis. If you have friends in a small group, ask about joining their group. If you are new to Saint Paul's and are looking for a place to connect, please feel free to contact us and we will do our best to help you find the right group.

Leader Tips:

The GPS document is a guide for discussion. Don't feel like you must use every question. Some questions will take a while to work through while others will be over in a few seconds!

1. Don't teach the lesson. The lesson was taught on the weekend. Just ask questions and let everyone else talk.
2. Let other people ask questions. It's OK to go "off topic" for a while. Sometimes those conversations are more interesting anyway!
3. Have fun. Relationships, not curriculum, are the heartbeat of our small groups. So, have fun with the people in your group.

Agenda for a Small Group Gathering

Gathering Time

Take 5-10 minutes to welcome everyone, catch up and if planned, share some food!

Discussion Time

Here's a suggested format:

1. **Ice Breaker** – Lighthearted icebreaker question (5-10 min.)
2. **Discussion** - Discussion time, Bible study, application challenge (30-40 min.)
3. **Prayer** – Prayer requests and praying for one another (10-20 min.)
4. **Planning** – Remind the group of how we serve together (e.g. usher, sing, greet, pray, etc.)