

# Measure Your Days

## 4 - Review Your Life

The psalmist said, “*Teach us to number our days aright, that we may gain a heart of wisdom*” (Psalm 90:12). Highly maturing Christians know the power of living an examined life. They learn to ask questions regularly of themselves that others don’t—questions regarding their motives, values, and goals in life.

Fifteen well-spent minutes a day can make an incredible difference in the quality of your day. If you haven’t already, develop the habit of a consistent “quiet time” in which you read God’s Word, review the direction of your life, and remind yourself of who you are and why you’ve chosen to live as you do.

### Welcome

*What is your favorite time of the day?*

### Worship

**Read Psalm 25:1-5.** Begin your period of worship with a few songs such as “Unto Thee, O Lord” (794), “As The Deer” (71), “I Love You, Lord” (779). Ask, “*How have you experienced the provision of God lately?*” Close with a prayer of thanksgiving and songs like, “God Is So Good” (83), “For the Beauty of the Earth: (67), and “Give Thanks” (68).

### Word

#### Read 2 Peter 1:3-9

1. *When you consider all the “very great and precious promises” given through Christ, which one means the most to you personally? Why?*
2. *In your own words, define the seven qualities we are to add to our faith (vss 5-7). How does each quality compliment and build upon the one previously mentioned?*
3. *The word “add” comes from the root from which we get our English word, “choreograph.” The word was often used of those who would give money for the securing, training and maintaining of choruses that would compliment theatrical performances. Why is Peter so adamant that we “make every effort” to choreograph our lives with these qualities?*
4. *How would you evaluate your own diligence to put together the best “performance” possible—Are you lavish in the time and effort you put into developing your Christian life, or are you more satisfied with getting by with the bare minimum?*
5. *Which of these seven qualities would make the greatest impact in your life right now, making your more effective and fruitful in your Christian walk?*

### Works

Just as a carpenter uses a plumb line to make certain that a wall is straight, so we should use the Word of God as a plumb line for our lives. As the psalmist put it, “*Your word is a lamp to my feet and a light for my path*” (Psalm 119:105). Beginning with 2 Peter 1:5-9, make a list of “plumb-line verses”—a list of meaningful verses that you can use to examine your life on a regular basis. Use these verses as a way of asking yourself, “Is my life lined up with these things?”